



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FASTER AND QUICKER SAQ Development

Elevate your game with a 6-week Speed, Agility and Quickness program designed to help you improve with:

- Dynamic Warm up and Flexibility Training
- Speed Training
- Footwork Drills
- Agility Ladder Drills

January 2–February 18

\$50 for Members, \$75 for non-members.

Ages 10-17: Tuesdays, 6–7:15pm and Saturdays, 9:30–10:45 am
Adults (18+): Thursdays, 6–7:15 pm and Saturdays, 11–12:15 am

Taught by Xavier Drakeford, Speed and Agility Coach,
Former College and Arena Football Player!



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