

WHERE ATHLETES GROW  
POSITIVE COACHING • SKILL DEVELOPMENT • CONFIDENCE



# SPRING 2026 SPEED/AGILITY TRAINING (GRADES K-8<sup>TH</sup>)

*In association with the Mountain Lakes Recreation Department*

## CLASS DETAILS:

**FOR BOYS & GIRLS!**

- FRIDAY'S - MAY 1 - JUNE 5 (6 WEEKS)
- (GRADES K-2<sup>ND</sup>) - 3:30PM - 4:30PM
- (GRADES 3<sup>RD</sup>-5<sup>TH</sup>) - 4:30PM - 5:30PM
- (GRADES 6<sup>TH</sup>-8<sup>TH</sup>) - 5:30PM - 6:30PM



To Register, Please Visit  
<https://go.teamsnap.com/forms/514284>

**FEE:**  
**\$165**



## LOCATION:

**WILLIAM N. TAFT FIELD  
WEST SHORE ROAD  
MOUNTAIN LAKES, NJ 07046**



**SCAN TO SIGN UP TODAY!**



NEED HELP? CONTACT  
[CUSTOMERSERVICE@TJDSPORTSACADEMY.COM](mailto:CUSTOMERSERVICE@TJDSPORTSACADEMY.COM)

[TJDSPORTSACADEMY.COM](https://www.tjdsportsacademy.com)