

NHT Dept. of Parks & Recreation
In cooperation with NSSA is proud to present
SPORTS SPEED AND STRENGTH TRAINING CLASSES

The NHT Dept of Parks & Recreation invites you to experience the winning edge of sports performance. Find out why area athletes excel.

Classes will be held on Saturday, 5/22, 6/26 & 7/24 for NORWIN youth ages 10-12 and 13-16. Sessions will begin at 9:00am and 10:30am respectively.

If you desire to be the best or are just looking to improve your ability to compete, please join us in attending any one of three classes offered the fourth Saturday of the month beginning this May.

Reserve your space now! Limited number of participants!
\$15.00 class fee includes experienced instruction! Parents welcomed. Phone 724-863-3806 EXT.124 for details today!

Reach your maximum potential with an experienced staff!



North Huntingdon Township
Parks & Recreation



**NORWIN SPEED &
STRENGTH ACADEMY**



STRENGTH TRAINING