

Youth Sports Fitness

Houston Parks and Recreation Department Youth Sports Fitness

Speed and Agility Exercise



Youth participants will enhance their speed, agility and hand coordination by participating in various exercises that include: Plyometric, field agility exercises, cardio and body weight muscle conditioning. Exercises are geared towards off-season basketball workout but are open to non-athletes and athletes of any sport.

Participant's progress will be recorded and evaluated on a biweekly basis.

Location:	Woodland Community Center 212 Parkview, 77009
Ages:	10 - 14 years of age
Time:	6:30 p.m. - 7:30 p.m. Mondays and Wednesdays
Date:	Starts Monday, April 14, 2014
Registration:	Required
Information:	Rodric Ferguson (713) 867-0401 rodric.ferguson@houstontx.gov

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