

FALCONS FOOTBALL

GRADE LEVEL STRENGTH & SKILLS TRAINING

FREE GRADE BASED WORKOUTS OFFERED BY FALCONS COACHES.
THE EDGE SPORTS CENTER, 19 ROYAL ROAD, FLEMINGTON

**3rd, 4th & 5th Grades
with Coach Lito**

January (6:30-8:00 PM): 1/4, 1/12, 1/18, 1/25

February (6:30-8:00 PM): 2/2, 2/8, 2/15, 2/22, 2/23

**6th, 7th & 8th Grades
with Coach Q**

January (6:30-8:00 PM): 1/7, 1/14, 1/21, 1/26, 1/28

February (6:30-8:00 PM): 2/4, 2/11, 2/18, 2/25

CLASSES ARE LIMITED TO 35 PARTICIPANTS PER CLASS.

REGISTER TODAY: <http://signup.com/go/FvKeMAe>



WWW.FLEMINGTONFALCONS.ORG