



TOTAL SPORTS ROSSFORD 📍 10020 S. Compass Dr., Rossford, OH ☎ 419-874-9800

S.A.Q TRAINING

SPEED, AGILITY & QUICKNESS

Total Sports Rossford is working with 4th & Goal Athletics to bring you the area's best speed, agility and quickness training.



Who is this for:

All athletes in grades...
K-2nd – 5:30-6:30 pm
3rd-6th – 6:30-7:30 pm
7th-HS – 7:30-8:30 pm

How long is it:

6-weeks long
2 times per week
Mondays & Wednesdays
12 total dates

When does it start:

Season 1 – November 8th
Season 2 – January 2nd
Season 3 – February 20th
Season 4 – April 3rd
...and more to come summer 2017

How much:

\$180 for 6-weeks
Fine print:
Max registration: 15 per class
Min registration: 5 per class



www.totalsportscomplex.com

