



The Little Ferry P.A.L presents

Peer Leadership Training

A 10 week program for children in grades 6, 7 and 8

LEADERSHIP / ACCOUNTABILITY / TEAMWORK

Children will learn how to work together as a team in a setting based on the premise of fitness.

Sessions will focus on team leadership, functional body skill movements, tactical strength and conditioning concepts and mental training.

Students will learn valuable team building skills while training their bodies and minds.

Professional Trainers provided by Nunziato Total Training.

Classes are free of charge and begin on

April 8th , 2016 at 3:30 pm in the Memorial School Gym

Classes are every Friday until June 10th

Training is funded by the Little Ferry PAL and the Little Ferry Municipal Alliance

Name _____ Grade _____

To register for classes please fill in the above and have your child deliver to the Main office by April 1st.