

Starting this Sunday, January 5<sup>th</sup> the Cliffside Park Football Program will be running an Introduction to Weight Training, Speed and Agility.

This is open to all Elementary and Middle School students in Cliffside Park and Fairview. Wear sneakers, t-shirts and shorts.

Parents are welcome to join. There will be FREE Gatorade products for the first 25 students who show up each Sunday.

LOCATION: Cliffside Park High School  
DATES: Every Sunday Starting January 5<sup>th</sup>  
TIME: 11 AM

