

## **ABOUT US**

This program is offered to children grades K through 8 and is guided by the Bigger Faster Stronger strength and conditioning initiative.

Bigger Faster Stronger is the most popular strength & conditioning program in athletics across the nation. In fact, more than 9,000 middle and high schools have implemented the BFS program.

This program will utilize the most effective strength and fitness training techniques and exercises using both bodyweight and developmentally appropriate fitness equipment. Furthermore, athletes will also enhance their speed, agility and running technique through specific drills.

## **OUR PROGRAMS**

### **CoEd K-2nd**

Mondays 6:00 PM - 6:40 PM  
September 27th - November 15th  
at the Anthony Signorello Youth Center

### **CoEd 3rd-5th**

Mondays 6:45 PM - 7:25 PM  
September 27th - November 15th  
at the Anthony Signorello Youth Center

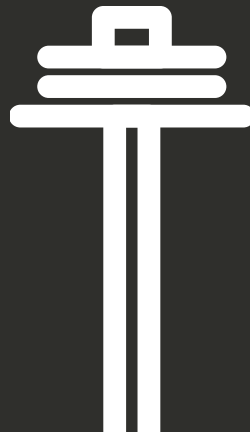
### **Girls 6th-8th**

Wednesdays 6:00 PM - 6:40 PM  
September 29th - November 17th  
at the newly constructed  
Roselle Park High School Weight Room

### **Boys 6th-8th**

Wednesdays 6:45 PM - 7:25 PM  
September 29th - November 17th  
at the newly constructed  
Roselle Park High School Weight Room

\*Log on to your RecDesk account to register.  
Registration will open September 7th\*



# **FITNESS & TRAINING**

ROSELLE PARK  
DEPARTMENT OF RECREATION

**DIRECTOR**  
JOHN RANIERI

**TRAINER**  
DAN PISAURO

## **CONTACT US**

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