

Get ready with pre-season workouts to develop your  
Football skills for the upcoming season

## MONTCLAIR RECREATION PRESENTS:

# FOOTBALL AGILITY WORKOUTS

Get ready to start 2026 pre-season with football agility workouts. Learn the proper way to stretch, become more agile, and focus on training for the upcoming football season.

### Training Dates & Times

Thursdays - February 23 - March 23,  
2026, 6:00pm to 8:00pm

### Location

Montclair High School Main Gym

- Certified coaching staff
- four training sessions
- 2 hours a week
- t-shirt, shorts and sneakers required
- Thursdays, 6-8 pm
- Feb 23 - Mar 23
- Fee: \$90.00
- Registration begins: Feb 2, 2026 at [www.communitypass.net](http://www.communitypass.net)

Registration starts February 1, 2026 at  
[www.communitypass.net](http://www.communitypass.net)