SPORTS PERFORMANCE TRAINING

September 11 - 28

with Trainer Jim Perkins

Middle School: grades 6-8, High School: grades 9-12

One day $60, two days $108

Drop-ins $25

TIME	MON	TUE	WED	THUR
6-7pm	Middle School High School			Middle School High School

TRAINING INCLUDES:

- Speed and agility
- Strength and power
- Coordination and balance
- Injury prevention
- Training discipline
- Confidence building

Registration Form - Sports Performance Training

Please note: If you cancel your spot with less than 48 hours notice you will be charged a $50 processing fee. No refunds will be given for any sessions missed for any reason.

Participant _____

Parent's Name (if under 18) _____

Address_____

Phone _____Email _____

Emergency Contact _____Phone _____

Membership Type: ❑ Member ❑ Non-Member

Payment Method: ❑ House Charge ❑ Check

❑ Credit Card Type/Card Number _____Exp.Date _____

Circle desired class(es) - please choose two days for 2 days/week option:

TIME	MON	TUE	WED	THUR
6-7pm	Middle School Day 1			Middle School Day 2
6-7pm	High School Day 1			High School Day 2

The undersigned accepts fully that the Kingsbury Club, it's shareholders, directors, officers, employees, representatives, and agents cannot be held responsible for any loss, claim, injury, damage, or liability sustained or incurred during participation on the premises of the Kingsbury Club & Spa.

The Kingsbury Club reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Participant Signature (Parent, if under 18): _____

Date_____