

CHAMP CAMP 2018

Reserve your spot today!

Do you know a student or student athlete looking to stay fit this summer? We have the class for you!

Who: Any student entering grades 7-12 in the 2018-19 school year

What: Speed, Strength and agility training class

When: Every Tuesday and Thursday in June and July from 10:30-11:30 AM

Where: Outside/next to Anytime Fitness in Fredericksburg, TX

How much: \$125 for all of June and July

Taught by Certified Personal Trainer, Andrew Lindsey

Andrew is an FHS '14 graduate. He has competed in multiple body building competitions and has taken home several awards including Mr. Teen Texas and 5-1st place finishes.

Details:

- improve, speed strength and agility
- 1 instructor to 10 students maximum
- Benchmark workout to gage student's improvement
- t-shirt included
- **LAST DAY TO REGISTER MAY 31ST**

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Please Keep top half and return bottom half at time of payment:

What to bring:

- Tennis shoes
- Athletic clothing
- Water
- Sweat towel (optional)

Please return the signed form and \$125 camp tuition to Anytime Fitness during staffed hours. Student's spot will not be held unless the camp tuition is paid in full.

Student's Name (First and Last Name) & Grade -

Address:

Phone Number:

Email Address:

Emergency Contact (Name and Phone Number):

It is expressly agreed that all activities and use of all facilities shall be undertaken by student and student's sole risk. The athletic club shall not be liable for any claims, demands, injuries, damages or actions whatsoever to student or student's property arising out of or connected with the use of any of the services and facilities of the club or the grounds on which the club is located. The student does expressly forever release and discharge the club from all such claims, demands, injuries, damages or actions; and from all acts of active or passive negligence on the part of the partnership which owns the club, its partners, agents and employees.

Student Signature:

Parent Signature:

Date: