

I, _____, will be participating in the DF Student Athlete Conditioning Program.

I understand that my attendance is mandatory, and if I will be missing a class, I will let my instructor know prior to 24hours before that class. I will come prepared with 20oz of water, minimum each class, and I WILL EAT during the day so I have the required energy to complete the 90min class.

SUMMER CAMP OPTIONS

JUNIOR HIGH GRADE 7-8 ATHLETE

Limited Time OFFER..
Both Sessions (ALL CLASSES)
\$150

SESSION #1 (May 19-June 19)
available classes for 5 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00AM				
9:00AM				
4:00PM	SPEED & AGILITY		SPEED & AGILITY	
4:30PM		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING
6:00PM				

SESSION #2 (June 23-Aug 7)
available classes for 6 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM	RUN FORM/ CONDITIONING		RUN FORM/ CONDITIONING		
10:00AM-12:00PM	SPEED & AGILITY	STRENGTH & CONDITIONING	SPEED & AGILITY	STRENGTH & CONDITIONING	GAME DAY
4:00PM	SPEED & AGILITY		SPEED & AGILITY		
5:00PM	CROSSTRAIN CONDITIONING	STRENGTH & CONDITIONING	CROSSTRAIN CONDITIONING	STRENGTH & CONDITIONING	
6:00PM				CROSSTRAIN CONDITIONING	

PAYMENT PLAN for SPORTS CONDITIONING CLASSES

DAILY RATE	DROP-In Rate	\$10/class
PREPAID RATE	COST for 1x /Week	\$8/class
	2x /Week	\$7.50/class
	3x /Week	\$7.00/class
	4x /Week	\$6.75/class



MAY 2014 SESSION #1

SUN	MON	TUE	WED	THUR	FRI	SAT
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2014 SESSION #1

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

JUNE 2014 SESSION #2

SUN	MON	TUE	WED	THUR	FRI	SAT
22	23	24	25	26	27	28

JULY 2014 SESSION #2

SUN	MON	TUE	WED	THUR	FRI	SAT
	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUG 2014 SESSION #2

SUN	MON	TUE	WED	THUR	FRI	SAT
3	4	5	6	7	8	9

#x/Week	cost /class	WEEK 1 subtotal
#x/Week	cost /class	WEEK 2 subtotal

JUNIOR HIGH

#x/Week	cost /class	WEEK 3 subtotal
#x/Week	cost /class	WEEK 4 subtotal
#x/Week	cost /class	WEEK 5 subtotal

TOTAL DUE		
or FULL SESSION 2x/week= \$70		
Or FULL SESSION any classes= \$125		
#x/Week	cost /class	WEEK 1 subtotal

#x/Week	cost /class	WEEK 2 subtotal
#x/Week	cost /class	WEEK 3 subtotal
#x/Week	cost /class	WEEK 4 subtotal
#x/Week	cost /class	WEEK 5 subtotal

#x/Week	cost /class	WEEK 6 subtotal
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DF ATHLETE
TOTAL SPORTS CONDITIONING

TOTAL DUE		
or FULL SESSION 2x/week= \$80		
Or FULL SESSION any classes= \$150		

TOTAL AMOUNT PAID For SUMMER 2014

ATHLETE NAME:		AGE	
EMAIL ADDRESS		PHONE	
EMERGENCY CONTACT NAME:		PHONE	