



SPRING LAKE COMMUNITY
Fitness & Aquatic Center

Youth Athletic Training Registration Form
YOUTH(10andup)

For all youth sports it is important that kids and teenagers train well before playing, in order to strengthen muscles, tendons, ligaments, and bones. Youth agility/speed drills are an excellent way to facilitate training. In this sports training group session series, youth will learn agility/speed drills and running form, to prepare youth for sports of all kinds.

STUDENT'S NAME _____ D.O.B. ___/___/___ Date Today ___/___/___

ADDRESS _____ ZIP _____ EMAIL _____

PARENTS' NAMES _____ PHONE _____

April 11th -June 13th

Meets once a week

Tuesdays @ 4:30pm

10 weeks

FEES: Payment required at time of registration

Member \$80.00 per session Non-member \$95.00 per session

Staff use only: Method of payment: Cash Check Credit Card
Payment made Signed Waiver Added to Schedule Trans. ID# _____ Package ID # _____