

BETTENDORF SUMMER FITNESS 2018

When:

Monday, Wednesday, and Friday mornings (June 4 – July 20)

Session 1: 7:30-9:15

Session 2: 8:15-9:30

Session 3: 9:00-10:15

Session 4: 9:45-11:00

About the Program:

- Session 1 will be for Varsity & Sophomore Football
- All other varsity & sophomore athletes should try to attend session 2
- Freshman girls should try to attend session 3
- Freshman boys should try to attend session 4
- Each Session will include agilities, weight training and some type of running
- Cost: \$50 (discount of \$10 per student if more than 1 family member is participating)
- Call Aaron Wiley (563-508-3815) with any questions

Checks Can Be Sent to:

Bettendorf Summer Fitness Camp
Activities Office, Bettendorf High School
3333 18th Street
Bettendorf, Iowa 52722

Please return the bottom portion with your payment

Student Name _____ Grade _____

Parent or Guardian Name _____ Phone Number _____

We have adequate health insurance and hereby release all personnel connected with the Bettendorf Summer Fitness Camp or Bettendorf Community Schools from any liability due to injury incurred while a participant of this camp.

Parent or Guardian Signature _____