EMPOWERING YOUTH THROUGH FITNESS

Introducing our new Youth Sports Performance Program

4 week Session: June 6-June 29*

Ages 13 & Up; Meets: Mondays and Wednesdays 4:30-5:30pm

INTRODUCTORY OFFER of $99 for Members and $120 non-members

Trainers: Anne Wargo and Val Sanderson

Join to prepare for a specific sport or join for overall fitness and well being.

Sports Performance participants will benefit from:
- Increase in strength and flexibility
- Improve Speed, Agility and Power
- Increase range of motion
- Decrease injuries
- Learn proper body mechanics
- Develop core strength
- Improve Coordination and balance

Sports Performance Trainers will offer:
- Training sessions which will motivate and educate the participants
- Trainers will utilize all the state of the art equipment and machines the club has to offer to ensure the sessions are energizing, unique, beneficial and safe
- Athletes will be trained by a "team" of qualified, certified, educated and professional trainers
- Success will be measured using base line measurements, speed and strength assessments and progression measurements utilizing BMI.

*Please note: more sessions will be offered for July and August

186 Summer Street
Kingston, MA 02364
781.585.3883 • www.kingsburyclub.com
Registration Form - Empowering Youth through Fitness

Participant’s Name _____________________________________________ Birthdate _____________________________________________
Parent’s Name ____________________________________________________________________________________________________________
Address __________________________________________________________________________________________________________________
Phone____________________________________________________________Email __________________________________________________
Emergency Contact ________________________________________________Phone __________________________________________________

Membership Type:  ❏ AIF Kingsbury Kid      ❏ Non-Member

Payment:  ❏ House Charge      ❏ Check      ❏ Credit Card: Type/Number ________________________________ Exp.Date ______

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

Parent’s Signature: ________________________________________________________Date _____________________________________________