



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.

<p>Sports Performance participants will benefit from:</p>	<p>Sports Performance Trainers will offer:</p>
<ul style="list-style-type: none"> ■ 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 	<ul style="list-style-type: none"> ■ 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 _____