

# BETTENDORF SUMMER FITNESS 2017

## When:

Monday, Wednesday, and Friday mornings (June 5 – July 21)

## Boys

11<sup>th</sup> & 12<sup>th</sup> Grade 7:30-9:15

10<sup>th</sup> Grade 8:15-9:30

9<sup>th</sup> Grade 9:45-11:00

## Girls

11<sup>th</sup> & 12<sup>th</sup> Grade 8:15-9:30

9<sup>th</sup> & 10<sup>th</sup> Grade 9:00-10:15

## About the Program:

- Each session will include weight training, agilities, and running / cardio.
- All sessions will be staffed by certified coaches.
- Cost: \$50 (discount of \$10 per student if more than 1 family member is participating)

Checks can be sent to:  
Bettendorf Summer Fitness Camp  
Activities Office, Bettendorf High School  
3333 18<sup>th</sup> Street  
Bettendorf, Iowa 52722

Please return the bottom portion with your payment

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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 \_\_\_\_\_