

BETTENDORF SUMMER FITNESS 2021

When:

Monday, Wednesday, and Friday mornings (June 9 – July 23)

Session 1: 8:00-9:30

Session 2: 8:45-10:00

Session 3: 9:30-10:45

Session 4: 10:15-11:30

About the Program:

- Session 1 will be primarily Varsity Football
- Session 4 will be for freshman boys
- All other athletes should attend either session 2 or session 3
- 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 _____