

# BETTENDORF SUMMER FITNESS 2019

## When:

Monday, Wednesday, and Friday mornings (June 10 – July 26)

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 18<sup>th</sup> 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 \_\_\_\_\_