



**SUMMER CONDITIONING
THUESDAY & THURSDAY
JUNE 15 - AUG. 12
8-9:30AM
PRHS STADIUM TRACK**

TRAIN IN SPEED, AGILITY, POWER, ENDURANCE AND CORE STRENGTH

\$132 FOR 9 WEEKS OF TRAINING

EQUIPMENT NEEDED 1) STICK, 2) BEACH TOWEL OR YOGA MAT, 3) SNEAKERS

**SEND CHECK (PAYABLE TO PRFHC) BY JUNE 11TH
PRFHC, P0 BOX 13, BAKERSTOWN, PA 15007**

THIS ACTIVITY IS NOT SPONSORED BY OR AFFILIATED WITH THE PINE-RICHLAND SCHOOL DISTRICT

NAME:

ADDRESS:

CITY:

STATE:

ZIP:

PHONE NUMBER:

EMAIL:

**I HEREBY AUTHORIZE CLINIC PERSONNEL TO ACT FOR ME IN ACCORDANCE WITH THEIR BEST JUDGMENT
IN AN EMERGENCY THAT REQUIRES MEDICAL ATTENTION. I UNDERSTAND THAT ALL CLINIC
PARTICIPANTS ARE REQUIRED TO HAVE ACCIDENT INSURANCE WHILE ATTENDING THIS CLINIC.**

SIGNATURE OF PARENT/GUARDIAN

DATE