



Speed **Strength** Flexibility **Endurance**

## *Are You Ready?*

### *Summer Athletic Conditioning 2017*



- *Off Season Conditioning for All Sports*
- *Injury Prevention for All Sports*
- *Improve Acceleration and Speed*
- *Improve Total Body Strength*
- *Improve Vertical Leap*
- *Increase Endurance and Stamina*
- *Improve Change of Direction Speed*

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*Session days: Monday through Thursday*

*Summer Sessions* Starts Monday June 12th Ends August 17th

*Partial Session Packages Available*

*7-12 year old 10:30am - 11:30am*

*13 year old and older 11:00am -12:00pm*

*Sign-up at the Front Desk  
at the Memorial Athletic Club!*

**[www.parischool.com/memorialac](http://www.parischool.com/memorialac)**

**(281) 497-7570**



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# Summer Athletic Conditioning 2017

Memorial Athletic Club and Aquatic Center

Monday June 12<sup>th</sup> – Thursday Aug 17<sup>th</sup>

**MACAC PHONE 281-497-7570**

**FAX 281-497-1827**

**[www.parisischool.com/Memorialac](http://www.parisischool.com/Memorialac)**

7-12 year olds 10:30am-11:30am

13 year olds and older 11:00am – 12:00pm

Athlete's Name \_\_\_\_\_ age \_\_\_\_\_

Parent's Name \_\_\_\_\_ Member # \_\_\_\_\_

Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Hm Phone \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Email Address \_\_\_\_\_

School \_\_\_\_\_ Sports \_\_\_\_\_

Current Parisi Student Y \_\_\_\_\_ N \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

### Prices

**Non-Parisi Athletes 2 weeks \$150 3 weeks \$200 4 weeks \$250**

**Current Parisi Athletes 2 weeks \$120 3 weeks \$170 4 weeks \$220**

Summer Registration (check all sessions attending)

June 12<sup>th</sup>-15<sup>th</sup> \_\_\_\_\_ June 19<sup>th</sup>-22<sup>th</sup> \_\_\_\_\_ June 26<sup>th</sup>-29<sup>th</sup> \_\_\_\_\_

July 10<sup>th</sup>- July 13<sup>th</sup> \_\_\_\_\_ July 17<sup>th</sup>-20<sup>st</sup> \_\_\_\_\_ July 24<sup>th</sup>-27<sup>th</sup> \_\_\_\_\_

July 31<sup>st</sup>-Aug 3<sup>rd</sup> \_\_\_\_\_ Aug 7<sup>th</sup> – 10<sup>th</sup> \_\_\_\_\_ Aug 14<sup>th</sup> – 17<sup>th</sup> \_\_\_\_\_

Recognizing that participation in any athletic activity includes the inherent possibility of both internal and external injury, and acknowledging that the management and ownership takes every precaution to prevent the above, I waive all legal claims against Memorial Athletic Club for any damages that I or my family might incur during, or as a result of my participation in Memorial Athletic Club sponsored activities.

Parent Signature \_\_\_\_\_ date \_\_\_\_\_

Total Paid \_\_\_\_\_

Payment Method:

Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ Check# \_\_\_\_\_

Staff Initials \_\_\_\_\_