



## Summer Sessions | June – July – August | 2018

515 Kids is a dynamic strength and conditioning program designed for kids and teenagers of all levels to develop a lifelong love of fitness. The workouts are age appropriate, constantly varied, functional and FUN. Our program builds confidence and prepares kids to be safe in sport and life.

Athlete Name: \_\_\_\_\_

Male / Female      Grade ('18-'19): \_\_\_\_\_      Age: \_\_\_\_\_

School District / School: \_\_\_\_\_

Any health concerns? \_\_\_\_\_

Parent Contact(s)	Email	Cell Phone	Ok to Text?

Level One: Functional Movement WOD and Physical Play  
Ages 7– 11 | Tuesday & Thursday | 3:45 – 4:30 | Starts June 5<sup>th</sup>\*

Level Two: Strength & Skill Development | WOD  
Ages 12+ | Monday & Wednesday | 3:45 – 4:30 | Starts June 4<sup>th</sup>\*

\$75/Month (8 sessions) Payment due for your 1<sup>st</sup> month with registration.

- Cash
- Check made out to Crossfit 515
- Credit / Debit Card

Name on Card	Credit Card Number	Exp Date	CCV

Registration can be dropped off during class times at Crossfit 515 or mailed to:

515 Kids @ Crossfit 515  
3100 Grimes Blvd, Suite 900  
Grimes, IA 50111

\* CF515 Reserves the right to cancel a session that does not have a minimum of 4 registered participants