



Are You Ready?

Summer Athletic Conditioning 2010



- *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*

Session days: Monday through Thursday

Session I..... Starts Monday June 7th - July 1st
Session II..... Starts Monday July 5th - July 29th
Session III..... Starts Monday Aug 2nd - Aug 19th
Partial Session Packages Available
Evaluation First and Last Session

7-12 year old 9:30am - 11:00am
13 year old and older 11:00am - 12:30pm

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

www.parischool.com/memorialac
(281)497-7570



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

Summer Athletic Conditioning 2010

Memorial Athletic Club and Aquatic Center

Session I Monday June 7nd – Thursday July 1st

MACAC PHONE 281-497-7570

Session II Monday July 5th – Thursday July 29th

FAX 281-497-1827

Session III Monday Aug 2nd – Thursday Aug 19th

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7-12 year olds 9:30am-11:00am

13 year olds and older 11:00am – 12:30pm

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 \$180 3 weeks \$250 4 weeks \$310

Current Parisi Athletes 2 weeks \$140 3 weeks \$195 4 weeks \$250

Session I Registration (check all sessions attending)

June 7th-10th _____ June 14th-17th _____ June 21st-24th _____ June 28th-July 1st _____

Session II Registration (check all sessions attending)

July 5th-8th _____ July 12th-15th _____ July 19th-22nd _____ July 26th-29th _____

Session III Registration (check all sessions attending)

Aug 2nd-5th _____ Aug 9th-12th _____ Aug 16th-19th _____

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 _____