

Technique & Training Summer Club



Improve speed, flexibility, strength, and overall sport performance.

Join the Glacial Ridge Wellness Center's Personal Trainers and Instructors Nathan and Tanner for the *2024 Summer Technique & Training Camp at the Wellness Center.*



Use summer vacation to improve your overall athletic ability, coordination, and confidence.

July 9 - August 15, 2024

Tuesdays & Thursdays

9-12 grade students - 7-8 am

7-8 grade students - 8-9 am

- Everything is done with the purpose of building off these foundations: flexibility and range of motion, core strength and posture, balance and footwork.
- Build the foundation for a variety of athletic interests.
- Develop sportsmanship and teamwork through structured activities and drills

\$100.00 per student

See the reverse side for registration and additional details.

Call 320.634.2265 or stop by the Wellness Center to learn more. Deadline to register is Wednesday, July 3.



**GLACIAL RIDGE
WELLNESS CENTER**
heartfelt care®

10 Fourth Avenue SE Glenwood
320.634.2265 glacialridge.org

Technique & Training Registration Form 2024



When: Every Tuesday and Thursday - July 9 through August 15

Who: A) Students going into 9th - 12th grade B) Students going into 7th - 8th grade

Time: A) 7:00 - 8:00 am B) 8:00 - 9:00 am

Where: Glacial Ridge Wellness Center (indoors and outdoors)

Personal Trainers / Instructors: Nathan Pitzen and Tanner Nestor

Cost: \$100.00 per person

Please Print Clearly

Parent/Guardian Name: _____

Relationship to child: _____ Daytime Phone: _____

Primary Email: _____

Second Phone or Email: _____

Student's Name _____ Age _____ Grade _____ A B
2024-25 school year

Student's Name _____ Age _____ Grade _____ A B
2024-25 school year

Student's Name _____ Age _____ Grade _____ A B
2024-25 school year

Emergency Contact _____ Phone _____ - _____ - _____

Allergies or limitations we should be aware of _____

Payment:

Technique & Training Summer Club must be pre-paid by the deadline Wednesday, July 3. Make checks payable to “GRHS”. Drop off at the Wellness Center or mail a check with this completed form to: Glacial Ridge Wellness Center, Attn: Technique & Training, 10 Fourth Avenue SE, Glenwood, MN 56334

I DO / DO NOT permit photos to be taken of my child for program publicity and advertising, including flyers, website and Facebook. Signature _____ Date _____