

Danvers Recreation

2008 YOUTH BOOT CAMP

Danvers Youth Boot Camp this Summer!

Who: Kids Ages 10-15yrs.

What: Youth Boot Camp for Fitness and Sport Conditioning

Date: July 7th-August 14th

When: Evenings 2 nights a week Tues & Thurs 5-6pm for \$75

Six Week Session ~ Families welcome!

Location: Endicott Park, Danvers Ma.

More Info. Contact: Brandi Dion at bnsfitness@yahoo.com or (978) 204-8588

To register: Contact Cheryl Marshall, Danvers Recreation or danversrec.com.

Details: The Danvers Youth Boot Camp is designed for kids 10-15yrs who are looking to get into better shape and learn how to live a healthier more active lifestyle. All levels are welcome and encouraged to join - this program is a lot of fun and will improve your child's current level of fitness guaranteed.

This program is not only great for the coach/video potato youth, but the athlete who is looking to enhance performance for their sport.

We track progress by testing each participant on day 1 (push-up, sit-up and run/walk) and the final day. This will help motivate the child to stay active and keep following the same regimen after they see their great results.

The instructors will be adult Boot Camp instructors. They will not only get your child into better shape, she will make sure your child has a better sense of living a healthier more active lifestyle and why it is so important to do so.

For more information on the program, please contact Brandi Dion (978) 204-8588 or BnSfitness@yahoo.com

DANVERS RECREATION Town Hall 1 Sylvan St. Danvers MA 01923 Phone: 978-777-0001x3094

REGISTRATION FORM: (PLEASE PRINT CLEARLY)

Name _____ Age/DOB _____

Address _____ Phone _____

Emergency Contact Name _____ Emergency# _____

I hold harmless the Town of Danvers, its employees, volunteers, or its agents from any and all injuries that might be sustained by participation in any of the programs. In the event of an injury, I grant permission to provide/acquire medical care or assistance. In addition, I hereby give permission for any photographs taken to be used for publicity purposes.

Signature _____ Date _____

PROGRAM Session&Time: _____ Price _____

Email Address: _____

PAYMENT TYPE: Check# _____ Visa/MC# _____ Exp. _____

