



SUNKIST FIT, PRIVATE LESSONS AND STRETCH!

____ / ____ / ____ / ____ / ____ / ____
(Log for sessions attended)

INSTRUCTION LEVELS For All Age Groups	SESSION RATES
<p><u>PRIVATE & SEMI-Private Instruction</u></p> <p>Beginner/Intermediate/Advance/Academy Elite</p> <p>Sunkist Kids Instructors</p> <ul style="list-style-type: none"> -Develop your skills One-on-One with a coach -Develop your skills with 2 kids -Develop your skills in a smaller group setting with 3-4 athletes 	<p>Monday thru Friday (Schedule with the coach directly)</p> <p>Time: 6-6:45pm or by appointment</p> <p>\$50/SESSION/KID (One-on-One with the Coach)</p> <p>\$25/SESSION/KID (2 Kids)</p> <p>\$20/SESSION/KID (3 Kids)</p> <p>\$15/SESSION/KID (4 Kids)</p>
<p><u>SUNKIST FIT (Personal Training)</u></p> <p>Intermediate/Advance/Academy Elite/Girls/High School</p> <p>Instructor - Brian Brady</p> <ul style="list-style-type: none"> -Build speed, power, endurance, stamina and core strength through acrobatic exercise 	<p>Tuesday and Thursday</p> <p>Time: 6-6:45pm</p> <p>\$50/MONTH/KID</p> <p>\$10/SESSION/KID</p>
<p><u>SUNKIST STRETCH (Stretching and Flexibility)</u></p> <p>*Open to all athletes & parents (must have a USA card)</p> <p>Instructor – Tonia Padilla-Carreon</p> <ul style="list-style-type: none"> -Increase flexibility and range of motion while building lean muscle! 	<p>Schedule with instructor!</p> <p>\$35 - 8 SESSIONS/KID OR PARENT (1 FREE)</p> <p>\$5/SESSION/KID OR PARENT</p>

Instruction Level: Private Semi-Private Sunkist Fit Sunkist Yoga & Stretching

Wrestler's Name _____ Date of Birth _____ Weight _____ USAW Card # _____

Address _____ City _____ State _____ Zip _____

Telephone # _____ E-Mail _____

TOTAL \$ _____ Check # _____ or Cash _____ or Credit Card _____

Credit Card _____ Exp. Date _____ V-Code on back of Card _____

I certify that within the past three years I have had a physical examination and that the athlete is in good health and able to participate in all Academy activities. If medical attention is required for illness or injury while attending, I give my permission for such care and I hereby waive and release the Sunkist Kids Academy and Club, its staff, ASU and agents of Sunkist Kids, of all liability for any illness or injury which may occur. I understand that any wrestler who does not abide by Academy rules and regulations is subject to dismissal without reimbursement or recourse and that damage to facilities will be assessed to those responsible.

_____ Print Parent/Guardian's Name _____ Signature _____ Date