

PASS

POWER | AGILITY

STRENGTH | SPEED

JV

6TH - 8TH
GRADES

ATHLETIC PREPARATION PROGRAM

PASS JR VARSITY

- PREPARES 6TH - 8TH GRADE ATHLETES FOR HIGH SCHOOL TRAINING
- OFFERS WORKOUTS PROVEN TO IMPROVE POWER, STRENGTH, AGILITY, AND SPEED
- EMPHASIZES FLEXIBILITY AND MOBILITY DEVELOPMENT
- HELPS TO PREVENT FUTURE INJURIES BY TEACHING PROPER TECHNIQUE
- & MORE

SCHEDULE

4:30pm - 5:30pm
Monday - Thursday

Included
with
membership

SIGN UP AT THE CONCIERGE!

QUESTIONS? EMAIL MIKE@THEPAC.COM

PELICAN

ATHLETIC CLUB

PELICAN

ATHLETIC CLUB

REGISTRATION FORM

Please fill out completely and return to PAC concierge.

NAME:

T-SHIRT SIZE:
if applicable

D.O.B.:

GENDER:

MEMBER #:

MEMBER NON-MEMBER

EMERGENCY CONTACT NAME / GUARDIAN:

ADDRESS:

CITY:

STATE:

ZIP:

PHONE: HOME:

WORK:

CELL:

EMAIL:

AVAILABLE TIMES :
if applicable

I accept full responsibility for my use of any and all apparatus, appliances, facility privilege or service whatsoever, owned and operated by this club, directors, employees, representatives, and agents harmless for any and all loss, claim, injury, damage or liability sustained or incurred by myself, my family or others under my supervision or control resulting therefrom. In addition, I agree that the above information is accurate and complete. I, also, understand and acknowledge that photos may be taken for publicity/marketing purposes and give my authorization for any and all photos or video footage of myself, or of my minor child, to be used in this fashion.

SIGNATURE:

THE INFORMATION BELOW IS TO BE FILLED OUT BY PAC CONCIERGE ONLY.

PROGRAM NAME

PACKAGE
if applicable

CODE

COST

1:

2:

3:

ADDITIONAL NOTES

AMOUNT DUE:

AMOUNT PAID:

PAYMENT INFORMATION:

METHOD OF PAYMENT: Check, Credit Card, Cash, CTA

Check #

PAYMENT ACCEPTED BY:

