

YOUTH FITNESS classes & programs

COMPLIMENTARY CLASSES

REGISTRATION REQUIRED | SCHEDULE BEGINS AUGUST 11TH

YOUTH SPECIALTY CLASSES	MON	TUE	WED	SAT
9:00AM - 9:45AM				FOUNDATIONS YAC
2:00PM - 3:00PM		HOME SCHOOL P.E. Performance Center		
5:00PM - 5:45PM	FOUNDATIONS YAC		FOUNDATIONS YAC	
5:30PM - 6:15PM		FOUNDATIONS YAC		

CLASS DESCRIPTIONS

Foundations (Ages 6-9): A fun, movement-based class with games, obstacle courses, and exercises that build coordination, balance, and confidence. Daily app registration required.

Home School P.E. (Ages 6-13): This program is 16 weeks and covers age- specific exercise to increase enjoyment of an active lifestyle. (Ends December 16th)

Members Must Register for Elevate 1, 2, Home School PE and Foundations

APP REGISTRATION

1. Download the Pelican Athletic Club APP (available on iPhones and Androids).
2. Once the download is complete, open the app and log in using your email and password. (If you do not have a password please email info@the pac.com)
3. Select classes on the bottom toolbar.
4. Once the day is selected scroll down to find and select your class. Then select "sign up".
5. Select the participant's name.
6. Click "Next" and then "confirm" to complete registration.
7. Please be courteous to other members by unregistering if you cannot attend.

TO UNREGISTER:

1. Find your class.
2. Select "Edit Registration"
3. Deselect the participants name "x".
4. Select "unregister" to confirm

Youth Fitness Drop-Off & Pick-Up Procedure

- **Drop-Off:** Parents must walk their child to the designated class location and check in with the instructor.
- **Supervision:** A parent or guardian must remain on the premises during the entire class.
- **Pick-Up:** Children must be picked up promptly at the end of class.
- **Late Pick-Ups:** Any child not picked up within 10 minutes after class ends will be escorted to the Youth Activity Center (YAC) for continued supervision.

All classes open for registration 1 week in advance

PAID YOUTH FITNESS PROGRAMS REGISTRATION REQUIRED

NEW PEAK PERSONAL TRAINING

Ages 14-18

Peak Personal Training is a personalized training program designed for high school athletes (ages 14 - 18) who are seeking to elevate their performance to the next level.

Our expert trainers will create a customized training plan to that focuses on developing strength, power, speed, agility, and endurance.

Individual Sessions

1 Pack (30 Mins) \$39	1 Pack (60 Mins) \$75
4 Pack (30 Min) \$130	4 Pack (60 Min) \$225
8 Pack (30 Min) \$235	8 Pack (60 Min) \$425
12 Pack (30 Min) \$325	12 Pack (60 Min) \$599

Dual Sessions

Price Per Person

1 Pack (30 Mins) \$29	1 Pack (60 Mins) \$39
8 Pack (30 Mins) \$175	8 Pack (60 Mins) \$295

Group Sessions

Price Per Person

Minimum 3 people; maximum 8 people. Larger groups are available upon request. They must be scheduled at the time of purchase of the package and redeemed on the agreed-upon dates.

1 Pack (30 Mins) \$20	1 Pack (60 Mins) \$30
8 Pack (30 Mins) \$65	8 Pack (60 Mins) \$100
	12 Pack (60 Mins) \$130

JUNIOR FITNESS CERTIFICATION

Ages 11 - 13

PAC offers a fee-based Junior Certified program, which enables children ages 11-13 to use specified strength and core training equipment in the fitness areas. Children who are JuniorCertified are allowed to use the specified strength training equipment without direct parental/ guardian supervision, but the parent/guardian **MUST** be on the PAC premises.

Children must be 16 years or older to use the Free Weight Room.

\$125 One on one training
(Package includes 2 sessions)

\$75 Two on one training (per person)
(Package includes 2 sessions)

Youth Policy

Children aged 14 and older may use treadmills independently. Children ages 10-13 may use cardio equipment (excluding treadmills) under direct adult supervision. Direct supervision requires a parent or guardian to constantly monitor the child's use.

Adults have priority on all cardio equipment, and children may be asked to vacate equipment if the cardio area is full and an adult wishes to use it.

FOR MORE INFORMATION OR TO REGISTER EMAIL:
MEAGAN@THEPAC.COM