

COMPLETE YOUR CLUB SEASON
AIM PERFORMANCE TRAINING
STRENGTH TRAINING - FLEXIBILITY WORK - SPEED & AGILITY
TRAINING - JUMP TRAINING

Receive the same training offered to SBVBC Travel Teams

Open to ages 11-14, all skill levels welcome.

Results in fast twitch muscle response,
movement techniques, and proper muscle mechanics for strength, quickness,
and power.

Minimize strain on joints and risk of injury all while improving
ATHLETIC PERFORMANCE

Classes start in January

Tuesday & Wednesday 4-5pm
Saturday 9-10am

Drop in rate \$20
or
5 Classes for \$85
10 Classes for \$160
15 Classes for \$225

**Bonus... If you sign up for any package, you get a pre and post assessment
FREE!**

(Assessments measure overall strength and flexibility as well as jump testing and speed and
agility)

Participant Name: _____
Parent/Legal Guardian: _____ Phone Number: _____

☐ 5 classes \$85 ☐ 10 classes \$160 ☐ 15 classes \$225

☐ Pay by check

☐ Credit Card (payment will be applied upon receipt of credit card information) By checking this box, you
authorize AIM to charge the card listed below based on the enrollment information on this form.

Credit card information

Email of cardholder: _____

Name on Card: _____

Card Number: _____

Expiration date (MM/YY): _____ Zip Code: _____

CW Number on card: _____ Signature on card: _____