



ROYAL FITNESS CHALLENGE

June 11-July 18

Tuesdays & Thursdays

(No Class July 4th)

9:00-10:30 AM

Assumption High School Gym

And Potentially other locations TBD

Have fun while staying active!



Open to students entering 5th-8th grade in the fall

Cost: \$30

(Scholarships Available)

Checks payable to ACS

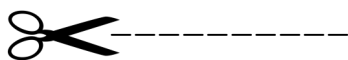


- Staff: ACS Staff, guest instructors, current & former coaches, collegiate players, and guest instructors

Activities:

✓ 1st hour to include Agility, Speed, Core Strength and Cardio.

✓ 2nd hour: Focus on sports—possibilities include golf, kayak, rugby, lacrosse, soccer, tennis, Martial Arts, flag football, climbing wall, & a fun day.



Send completed form to: Terra Duellman-ACS Central Office



Royal Fitness Challenge Registration Form:

Name: _____ Phone # _____

Address: _____ City: _____

Grade in 2019-2020 School Year (Please circle one) 5 6 7 8

Email address: _____

I accepted full responsibility for all medical expenses due to injury/illness incurred at the Assumption Royal Fitness Challenge. I hereby authorize staff of the camp to act for me according to his/her best judgement in any emergency requiring medical attention.

Parent Signature Required

Please Print Name Here

