



Clarkston Community Education

# CJHS WEIGHTLIFTING CLUB

## Winter 2018

8<sup>th</sup> and 9<sup>th</sup> grade Boys and Girls

### CJHS Weight Room 3:00-4:30pm

**Class will include running, stretching, free weights and machine weights**

Instructors: Mr. Carpenter and Mr. Simony

**Wednesday, January 24<sup>th</sup> - Tuesday, March 20<sup>th</sup>**

**(No class Feb 19 and Feb 20)**

**YW18-F48A • M/T/W/TH • 30 sessions • \$80**

**YW18-F48B • M/W • 15 sessions • \$45**

**YW18-F48C • T/TH • 15 sessions • \$45**

_____	_____	_____
Child Name	Birthdate	Grade
_____	_____	_____
Male/Female	Allergies & Medications	Contact Email
_____	_____	_____
Street Address	City	Zip Code
_____	_____	_____
Emergency Contact/Relationship	Phone Number	

**Payment** – circle one

Cash      Visa/Mastercard      Check (**make payable to Independence Township**)

_____	_____	_____
Card Number	Exp. Date	CCV
_____	_____	_____
Name on Card	Authorizing Signature	

#### How to Register

- Visit us in the office at Independence Parks, Recreation, & Seniors to register/pay in person
- Call (248)623-4326 ext. #1 for a registration attendant
- Mail this form with payment to Independence Parks, Recreation, & Seniors office, 6483 Waldon Center Drive, Clarkston, MI 48346
- Online registration is available for most programs at [www.itprs.org](http://www.itprs.org) and click on the "sign on" icon. To request a new user account, email Danielle at [dlwescott@clarkston.k12.mi.us](mailto:dlwescott@clarkston.k12.mi.us)