

# 2023 Weights with Trevor



Middle schoolers, join Trevor at BRC on Tuesdays or Thursdays from 3:30-4:30 for a weights workout! You will be guided through a workout using machine weights and dumbbells. Safety and proper lifting technique will be a key focus along with knowledge of lifting for a lifetime of fitness!

**WHO:** Grades 6-8  
**WHEN:** Tuesdays or Thursdays January 10-April 13  
**FREE; Sessions will depend on participant numbers**



## 2023 Weights with Trevor

Return to: Burlington Recreation Center



**WHO:** 6-8 **WHEN:** Tuesdays or Thursdays January 10-April 13 @ 3:30; **FREE: FREE**

Participant Name: \_\_\_\_\_ Grade Fall '22: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**To be added to our youth activity/event email list please provide email:** \_\_\_\_\_

### CONSENT TO PARTICIPATE

We, the undersigned, do hereby acknowledge that we are aware that in all sports there is the potential for injury. Some accidents could conceivably result in injuries that are very serious and/or life threatening. We further acknowledge that the participant listed above is physically able to participate in this sport. The USD 244 Recreation Commission and its employees are not responsible for accidents and injury that might occur as a direct or indirect result of participation in this program.

PLEASE LIST ANY MEDICAL CONDITIONS or write NONE \_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN/PARTICIPANT

\_\_\_\_\_  
DATE

### REGISTRATION INFORMATION AND POLICIES:

1. Registration form must be completely filled out and accompanied by full payment of fees. Participants WILL NOT be registered until **both** the registration form and fees are received.
2. Any registration forms received after the deadline will be assessed a **\$5 late fee**.
3. When cancelling out of an activity already paid and registered for, patrons must find someone to fill the spot they are cancelling out of. Upon finding a replacement, a refund of the activity fee minus a \$5 BRC cancellation fee will be applied. If the spot is unable to be filled, no money will be refunded.
4. BRC will take payment by cash, check, or credit card (not Discover). Make checks payable to BRC and return form and fees to:

**Return forms to Burlington Recreation Center, 1110 Shea Street, Burlington, KS 66839**

**Questions? Call 620-364-8484 or visit our webpage @ [www.burlingtonrec.com](http://www.burlingtonrec.com)**

Office use only: Date \_\_\_\_\_ Amt Pd \_\_\_\_\_ Receipt # \_\_\_\_\_ Initials \_\_\_\_\_