



Middle school students are invited to join Trevor at the BRC on Wednesdays from 3:30–4:00 p.m. for a supervised weight training workout! Participants will be guided through workouts using weight machines and dumbbells while learning proper lifting techniques in a safe, encouraging environment. Safety and correct form will be the primary focus, along with developing the knowledge and habits needed to make strength training a lifelong part of a healthy, active lifestyle.

WHO: Grades 6-8 Boys & Girls; Max of 12 kids

WHEN: Wednesdays, Sept 23-Oct 28

TIME: 3:30-4:30pm at BRC weight room

FEE: FREE (sessions will depend on # of participants)

Office Use Only

Amount Paid: \$ _____

Receipt #: _____

Date: _____

Initials: _____

Participant Name: _____ Grade: _____ Birth Date: _____

Parent/Guardian Name: _____ Cell Phone: _____

Address: _____

Scan the QR code to be added to our email list for activity/event updates. →



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: _____ Date: _____

REGISTRATION INFORMATION AND POLICIES

1. Registration is not complete until form and full payment are received
2. Late registrations & refunds are subject to Sports Director approval
3. Payment accepted: Cash, Check, Credit (no Discover)
4. Make checks payable to BRC and submit with form

***Return forms to Burlington Recreation Center 1110 Shea Street Burlington, KS 66839
Questions? Call 620-364-8484 or visit: www.burlingtonrec.com***