

# Outdoor Summer Sports Conditioning Program

Improve your:

## Speed. Agility. Quickness.

- Improve Athletic Potential
- Reduce Risk of Injury
- 8 week membership (Hyannis & Mashpee FitPlan Centers)
- NSCA Testing & Athlete Report Card
- Programs Designed for All Sports & Abilities
- Nationally Certified Trainers



## June-August

(8 weeks beginning the last week of June)

3x/week @ Pope John Paul II HS

**When:** Mon, Tues, Thurs  
Mornings 9-10:30 am  
OR

Afternoons 4-5:30 pm

**Where:** Pope John Paul II  
120 High School Road, Hyannis

**Cost:** \$225 (24 sessions)

**Phone:** 508-778-5000

**Email:** ccrehab@cape.com  
www.capecodrehab.com

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

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

**City/State/Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

*Make checks payable to:*

Cape Cod Rehab

-or-

*Credit Card Number:*

Exp date: \_\_\_\_\_

Signature: \_\_\_\_\_

I, \_\_\_\_\_ give permission for my child to participate in this Sports Conditioning program at Cape Cod Rehab. The facilities and programs offered by Cape Cod Rehabilitation have been designed and established to provide exercise and enjoyment without compromising the health and safety of those who utilize the facilities or participate in the programs. The undersigned acknowledges the existence of risks in connection with these activities, assumes such risks, and agrees to accept the responsibility for any injury sustained by the participant in the course of his/her use of the facilities and/or equipment.

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_