



2021-2022 SPORTS FITNESS YOUTH CLASS

Take classes at
Waldwick or our new
Fair Lawn location!

Register online @ superdomesports.com/register



CLASSES

1st - 4th grade: Basic activities using body weight techniques with proper form and body alignment before moving on to light free weights.

5th - 8th grade: With the foundation built and knowledge given we increase training intensity in preparation for sports competitions.

9th - 12th grade: Agility, strength and explosive focused technique with gradually increased weights as strength improves to excel with advanced performance.

DETAILS

Mondays

1st - 4th grade: 4pm
5th - 8th grade: 5pm
9th - 12th grade: 6pm

Fall II Nov 1st - Dec 27th
Winter I Jan 3rd - Feb 21st
Winter II Feb 28th - April 18th
Spring I April 25th - June 13th

Locations: Fair Lawn or Waldwick

Cost \$299 for 8 weeks

ABOUT COACH SHELTON REID

Popular Youtube and Instagram Fitness Motivator
IG @i_am_theproof

Your ISSA Certified Personal Trainer/Coach for fitness, health and wellness. I'm inspired to inspire, motivated to motivate a lifestyle of all grind, no gimmicks. My gift is building the youth confidence and esteem while creating a goal setting mindset. I focus on proper form for the first time beginners in calisthenics, up through advanced weight training. I provide boys and girls guidance through strength training programs to safely build a performance body for any and all activities required in day to day living.

Learn proper form, range of motion and coordination skills first in preparation for increase strength training, while making it safe and fun for everyone involved.

Superdome Waldwick: (201) 444-7660
Superdome Fair Lawn: (201) 796-8000
info@superdomesports.com
www.superdomesports.com

2021-2022 SPORTS FITNESS YOUTH CLASS

REGISTRATION FORM - \$299

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____ Home Phone _____ Cell Phone _____

Participant's Name _____	Age _____	Grade _____	<input type="checkbox"/> Fair Lawn	<input type="checkbox"/> Waldwick
<input type="checkbox"/> Fall II	<input type="checkbox"/> Winter I	<input type="checkbox"/> Winter II	<input type="checkbox"/> Spring I	<input type="checkbox"/> Grades 1-4
<input type="checkbox"/> Grades 5-8	<input type="checkbox"/> Grades 9-12			

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TOTAL: _____

- Credit Card Check Cash
 Mastercard Visa American Express Discover

Card Number: _____ Expiration Date _____ Security Code _____

Billing Address _____ Zip _____

Cardholder Name _____ Cardholder Signature _____

Make checks payable to "Superdome Sports" and mail to address below.

NO CLEATS - Turf shoes or sneakers only

Each player must submit a completed online waiver prior to play. Available at superdomesports.com/waivers



Superdome Waldwick: 134 Hopper Ave., Waldwick, NJ 07463 | Ph: (201) 444-7660
Superdome Fair Lawn: 21-05 Morlot Ave., Fair Lawn, NJ 07410 | Ph: (201) 796-8000
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