

2021-2022

YOUTH SPORTS CONDITIONING

Available at our
Fair Lawn location only

Buy 1 get
**50%
OFF**

The second class
Call front office
for details

REGISTER ONLINE @ SUPERDOMESPORTS.COM

Enhancing your child's performance
ability! Meets 1x/week for 8 weeks.

Cost: \$299 per 8 week session

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.

DATES

Fall I

Monday, Sept 6th – Saturday, Oct 30th

Fall II

Monday, Nov 1st – Saturday, December 25th

Winter I

Monday, Jan 3rd – Saturday, Feb 26th

Winter II

Monday, Feb 28th – Saturday, April 23rd

Spring I

Monday, April 25th – Saturday, June 18th

DAYS & TIMES

1st - 4th Grades

Mondays 4pm | Wednesdays 4pm | Saturdays 9am

5th - 8th Grades

Mondays 5pm | Wednesdays 5pm | Saturdays 10am

9th-12th Grades

Mondays 6pm | Wednesdays 6pm | Saturdays 11am



21-05 Morlot Ave
Fair Lawn, NJ

(201) 796-8000
info@superdomesports.com
www.superdomesports.com

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REGISTRATION FORM

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____ Home Phone _____ Cell Phone _____

Participant's Name _____ Age _____ Grade _____

Grades 1-4 Grades 5-8 Grades 9-12 Mondays Wednesdays Saturdays

Fall I Fall II Winter I Winter II Spring I **FEE:** _____

Participant's Name _____ Age _____ Grade _____

Grades 1-4 Grades 5-8 Grades 9-12 Mondays Wednesdays Saturdays

Fall I Fall II Winter I Winter II Spring I **FEE:** _____

Participant's Name _____ Age _____ Grade _____

Grades 1-4 Grades 5-8 Grades 9-12 Mondays Wednesdays Saturdays

Fall I Fall II Winter I Winter II Spring I **FEE:** _____

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:
21-05 Morlot Ave.
Fair Lawn, NJ 07410

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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