



2021-2022

SPORTS FITNESS YOUTH CLASS

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

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.

(201) 444-7660

info@superdomesports.com

www.superdomesports.com

134 Hopper Ave., Waldwick, NJ 07463

2021-2022 SPORTS FITNESS YOUTH CLASS

REGISTRATION FORM

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____ Home Phone _____ Cell Phone _____

Participant's Name _____	Age _____	Grade _____	
<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	FEE: 299

Participant's Name _____	Age _____	Grade _____	
<input type="checkbox"/> Fall II	<input type="checkbox"/> Winter I	<input type="checkbox"/> Winter II	<input type="checkbox"/> Spring I
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Participant's Name _____	Age _____	Grade _____	
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<input type="checkbox"/> Grades 1-4	<input type="checkbox"/> Grades 5-8	<input type="checkbox"/> Grades 9-12	FEE: 299

TOTAL: _____

- Credit Card Check Cash
- Mastercard Visa American Express Discover

Card Number: _____ Expiration Date _____ Security Code _____

Billing Address _____ Zip _____

Cardholder Name _____ Cardholder Signature _____

Credit card orders may be faxed to (888) 896-8757

Make checks payable to "Superdome Sports" and mail to:
 Superdome Sports
 134 Hopper Ave.
 Waldwick, NJ 07463

NO CLEATS - Turf shoes or sneakers only

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

