



2018-2019

CHANNEL CATS

**COLUMBIA
BASIN RACQUET
CLUB**

STRENGTH TRAINING SESSIONS

Strength training (land training) for swimmers is crucial in improving their stroke rate and the distance traveled per stroke.

Our Certified Personal Trainers will focus on the swimmers:

lower body power, pull and push power, core rotation and alignment and shoulder stability.

Tuesday & Thursdays 5:15pm-6:00pm
(middle schoolers)

Fridays ONLY 6:15am-7:00am (high schoolers)

see reverse side for pricing and session dates

Please contact Morgan Fewel to reserve your spot at
morganfewel@my-cbrc.com.

Only 12 participants per session

CHAUNNEL CATS

<u>Session Number</u>	<u>Dates (Tues & Thurs)</u>	<u>Dates (Fri ONLY)</u>
	Member Rate: \$59 Non-Member Rate: \$69	Member Rate: \$39 Non-Member Rate: \$49
Session 1:	September 25th-October 18th	September 28th-October 19th
Session 2:	October 23rd-November 15th	October 26th-November 16th
	NO TRAINING THE WEEK OF THANKSGIVING	
Session 3:	November 27th-December 20th	November 29th-December 21st
	NO TRAINING WEEK OF CHRISTMAS AND NEW YEARS	
Session 4:	January 8th-January 31st	January 11th– February 1st
Session 5:	February 5th-February 28th	February 8th– March 1st
Session 6:	March 5th-March 28th	March 8th-March 29th

CHANNEL CATS PERSONAL TRAINING AGREEMENT

POLICIES AND RULES:

1. A session constitutes forty-five (45) minutes unless otherwise agreed upon by the trainer and client.
2. The member's signature is required at the beginning of each workout session. The trainer will provide the sign-in sheet.
3. The trainer will turn in the agreed amount of sessions to be billed to the clients account with a lesson card or, the client may pay at the front desk prior to training or online.
4. **All sessions expire at the end of the 4 weeks. There are no make-ups.**

Please check session(s) that apply:

- _____ Session 1: (T/Th) Member Rate \$59/Non-Member Rate \$69
- _____ Session 1: (Fri ONLY) Member Rate \$39/Non-Member Rate \$49
- _____ Session 2: (T/Th) Member Rate \$59/Non-Member Rate \$69
- _____ Session 2: (Fri ONLY) Member Rate \$39/Non-Member Rate \$49
- _____ Session 3: (T/Th) Member Rate \$59/Non-Member Rate \$69
- _____ Session 3: (Fri ONLY) Member Rate \$39/Non-Member Rate \$49
- _____ Session 4: (T/Th) Member Rate \$59/Non-Member Rate \$69
- _____ Session 4: (Fri ONLY) Member Rate \$39/Non-Member Rate \$49
- _____ Session 5: (T/Th) Member Rate \$59/Non-Member Rate \$69
- _____ Session 5: (Fri ONLY) Member Rate \$39/Non-Member Rate \$49
- _____ Session 6: (T/Th) Member Rate \$59/Non-Member Rate \$69
- _____ Session 6: (Fri ONLY) Member Rate \$39/Non-Member Rate \$49

I agree that for the services of the Personal Training Program, I promise to pay \$_____ plus tax upon signing this agreement.

I understand that there are no cancellations or refunds and that the sessions are not transferable (initial to confirm agreement) _____. I UNDERSTAND THAT I MAY CANCEL THIS CONTRACT WITHOUT PENALTY OR OBLIGATION WITHIN THREE (3) BUSINESS DAYS FROM THE DATE OF SIGNING BY GIVING NOTICE BY MAIL OR IN PERSON AT COLUMBIA BASIN RACQUET CLUB IN WHICH CASE I WILL BE ENTITLED TO A FULL REFUND.

ASSUMPTION OF RISK: I, _____, assume any responsibility of and/all personal injury/damage which may be attributed to a program of physical exercise. I accept responsibility for requesting exercise assistance at Columbia Basin Racquet Club. To my knowledge, I do not have any limiting physical condition or disability which would interfere with an exercise program. I have been informed of the need for a physician's approval before participating in any exercise program. I am aware of the effect that taking any drugs or medications; including, but not limited to, alcohol, diet pills, cold medicine, tranquilizers, antidepressants, caffeine, beta blockers, diuretics, and anti-hypertensives, may have on exercise, especially heart rate, and I have discussed this with my doctor.

Clients Name _____ Membership # _____

Clients Email _____

Clients Signature _____ DATE _____

**Please fill out and turn into the front desk or via email
to morganfewel@my-cbrc.com**