



# JUNIOR ATHLETES

Pilgrim Lutheran

## SPORTS & FITNESS



**Questions: Call Joshua Rogers (832) 498-3252**

email - [coachjosh@juniorathletes.net](mailto:coachjosh@juniorathletes.net)

Enroll in the most diverse experience-based physical fitness program. Our program will break down specific sports and coaches each student in the basic skills necessary to compete. Baseball, Soccer, Basketball, Flag Football, Tennis as well as other fun non sports based lessons (Scooters, Bowling, Relays, Obstacle Courses, etc.) make up our curriculum. All of our lessons are age specific. Younger students will be introduced to each Sport and begin to learn basic gross motor movement: overhand throwing, running, jumping and balance. Older classes are challenged with more advanced sports lessons, skills, drills and activities. We will form a solid foundation of healthy living and physical well being through sports/fitness activities in a fun atmosphere.



**Open Enrollment all Year**

**Prorated Cost of program: \$50/month & a yearly registration fee of \$25**

### Fall Session

Sept. - December  
Wednesday: \$200

registration fee waived

### Spring Session

January - May  
Wednesday: \$250

make checks payable to - Junior Athletes

### WEDNESDAY:

PK - 2:15 - 2:45    TR/PS - 2:45 - 3:15    Elm - 3:15 - 4:00

Student Name \_\_\_\_\_ Room \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone # \_\_\_\_\_

Mailing Address \_\_\_\_\_

Email \_\_\_\_\_

Payment Amount \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Child's B-day \_\_\_\_\_



I authorize Junior Athletes to instruct my child in physical fitness classes. I understand that the program is a physical exercise class and vigorous activity is involved. It is my responsibility to dress my child appropriately and inform the staff of Junior Athletes to any health problems my child is experiencing. I understand that photographs of class activities may be taken for marketing and promotional purposes for Junior Athletes. I am aware that my child/children will continue classes until I inform staff of any changes (Preferably in writing.)