



2009 CROW CANYON SPRING CONDITIONING

Spring Conditioning is a two week, 8 session program dedicated to building endurance and preparing for the regular season.

**When: Spring Conditioning Practices will be held April 20-30
(Monday through Thursday)**

**8-unders: 3:30-4:00pm
9-10's: 4:00pm-5:00pm
11-ups: 5:00pm-6:15pm**

Where: Crow Canyon Country Club Pool

**Cost: \$160/Members
\$220/Non-Members**

Please bring this form to the club to sign up!

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Name: _____

Age: _____

Phone: _____

Amount Due: _____

Member #: _____