



TWIST SPORT CONDITIONING PORTLAND
 11015 SW Capitol Hwy. Portland, OR 97219
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Adult & Youth FALL PROGRAM 2011 (SEPT 6 – DEC 17) REGISTRATION FORM

Full Name			
Street Address			
City	State:	Zip:	
Phone ()	-	DOB:	
E-mail			Receive Newsletter: Yes / No

Session	Program	Day	Time
1.			
2.			
3.			
4.			
ADULT PROGRAMS – 15 Weeks 1/week = \$450, 2/week = \$750, 3/week = \$900, 4/week = \$1200			\$
ADULT TEL – 15 Weeks 1/week= \$300, 2/week = \$450, 3/week = \$675			\$
PRE SEASON LAX – 12 Weeks (Nov. 15th – Feb. 25th) 2/week = \$575, 3/week = \$700 (early bird discount = FREE WEEK if registered before Oct. 28)			\$
YOUTH PROGRAMS - 15 Weeks 1/week = \$450, 2/week = \$750, 3/week = \$900			\$
KID'S SPORT 15 Weeks 1/week = \$375, 2/week = \$600			\$
Holidays Monday September 5 th , Thanksgiving Thursday / Friday November 24 th & 25 th			\$
Functional Assessment - \$85			\$
Intro to Sport Conditioning (New Members Only) - \$50			
SUB-TOTAL			= \$
Discounts Early Bird (must be paid in full): Register Before Monday August 22 nd and get \$50 off 1 or 2 x per week and \$100 off 3 or more x per week, Family Discount: 3 rd family member receives ½ off			- \$
Referred By:	GRAND TOTAL		= \$

Visa/Mastercard: _____ Expires. _____ Verification #: _____

Payments: 1st _____ 2nd _____ 3rd _____ Billing Zip _____

TERMS & CONDITIONS - Please read carefully

- All participants must submit an **Intake and Par-Q form**.
See <http://www.twistportland.com/train/registration-information.aspx>
- CANCELLATION/REFUND POLICY :** 1)Written Cancellation 14 calendar days prior to start date of program= Full refund minus 10% administration fee of full program price. 2)Inside 14 calendar days prior to start date - Refund less 20% administration fee of full program price. 3)No refund once program has commenced. In the case of an injury or major illness, the participant will be granted a credit for future sessions.
- SESSION POLICY :** 1) All sessions need to be paid in advance before any training begins. 2) All sessions will begin at the scheduled time. No refund or credit will be granted if you are late or if you miss a session. 3) You agree to inform your coach of any conditions or changes in your health at any time while participating in the Program, which might affect your ability to train safely and with minimal risk of injury.

I agree to the above terms: **Name:** _____ **Date:** _____

Signature: _____