

# Welcome to Youth Bootcamp!

Children ages 11-16 are welcome to join the class, where we use our own bodyweight and free weights (kettlebells, dumbbells, battle ropes, medicine balls, TRX, etc.) to improve fitness and strength through functional training. The maximum number of children per class is limited to 10 in order to provide proper supervision. Parents are responsible for all insurance. Please bring workout clothes, indoor sports shoes, and a water bottle!

## Current classes:

**Mondays & Wednesdays 6:15pm – 7:10pm**

**Tuesdays 4pm – 4:55pm**

Please sign up for the class(es) you wish for your child to attend. Sign-up is binding for the whole session, which is from one school vacation to the next, for example from the end of summer holidays to the beginning of fall break / Herbstferien. I will assume that your child wishes to continue the following session and keep the spot reserved for him/her, unless you tell me otherwise. **Please note that payment is due for the full session, and not individual classes**, for example a seven-week session would cost CHF 140 (if attending one class per week). A 10% discount is applied to children attending more than one class per week. Payment is possible by TWINT, bank transfer, and cash.

If your child is unable to come at the scheduled time one week, s/he can join on a different day that week but must let me know beforehand please.

All classes are taught by Christine Pfrimmer, certified Personal Trainer (American Council on Exercise), Health Coach (Institute of Integrative Nutrition), and BASPO Jugend & Sportleiter (Swiss youth & sports leader). I am also assistant coach and team manager of a local baseball team, U15 Challengers, and mother of two teenage boys.

Phone: 078 630 43 92

Email: [Christine.baseball@gmail.com](mailto:Christine.baseball@gmail.com)

You can follow us on Facebook: [www.facebook.com/youthbootcampzh/](https://www.facebook.com/youthbootcampzh/)

Instagram: @youthbootcampzh

Please fill out the registration form below and return it at the next training. Thank you!

---

Child's name:

Birthdate:

Name of parent / guardian:

Phone number:

Email:

Location & date:

Signature: