



2022 CrossFit Classes

The Barton Center will offer CrossFit Classes for campers **ages 12 and above during all one- and two-week sessions at camp, but space is limited.** The classes will be held at camp and run by trainers from CrossFit 1977 located in Charlton, MA. Campers at two-week sessions will receive 4 one-hour classes throughout their camp stay with an instructor. Campers at one-week sessions will receive 2 one-hour classes.

CrossFit is a core strength and conditioning program. Crossfit 1977 has designed our program to elicit as broad and adaptable a response as possible. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. The CrossFit Program was developed to enhance an individual's competency at all physical tasks.

The cost for CrossFit Classes at two-week sessions is \$70 per child in addition to the total camp fee. The cost for CrossFit Classes at one-week sessions is \$35. Spaces are filled on a first-come, first-served basis. Spaces will not be reserved until full payment is received. We suggest that you register right away. **PLEASE NOTE: YOU MUST REGISTER AND PAY FOR CROSSFIT AT LEAST 2 WEEKS PRIOR TO OPENING DAY!**

To reserve a space in CrossFit Classes, fill out and return the following information with the appropriate payment. Please make checks payable to The Barton Center for Diabetes Education. If you have any questions, please contact The Barton Center at (508) 987-2056 X 2000 or email us at info@bartoncenter.org.

CrossFit Class cost: \$70 for Sessions 2, 3, 4 (two weeks)
CrossFit Class cost: \$35 for Sessions 1, 2a, 2b, 3a, 3b, 4a, 4b (one week)

Camper Name: _____

Session(s) Attending: _____

Payment: _____ Check _____ Credit Card Number: _____

Name as it appears on card: _____ Expiration Date: ____/____

CVV (3-digit Verification # on front or back of card): _____

Signature of card holder: _____

Parents'/Guardians' Names: _____

Address: _____

Phone Number: _____

RETURN TO:
The Barton Center for Diabetes Education, Inc.
P.O. Box 356, 30 Ennis Road, North Oxford, MA 01537
Tel: (508) 987-2056 www.bartoncenter.org