

Dear Parent or Guardian,

Thank you for being a part of the Phoenix Athletix Club (PAC) CrossFit Kids program.

At Phoenix Athletix Club, we are committed to providing your child with the highest level of fitness training that will help them lead an active and healthy lifestyle through adulthood. We provide children of all ages with a safe environment that encourages proper physical and emotional development as well as a strong understanding of the fundamentals of fitness. The PAC kids program is a broad, general, and inclusive fitness program coached by Kian Shahryary, Deena Shahryary, and Chris Hafer.

Coach Kian is a CrossFit Level 1 and CrossFit Kids instructor at Phoenix Athletix Club. Sports and athleticism have played an important role in Kian's life as he was an avid soccer player and swimmer. Following multiple foot reconstruction surgeries, athletics took a back seat as he began his road to recovery. Kian began participating in CrossFit as a way to re-build his strength following his surgeries. CrossFit allowed him to see the "light at the end of the tunnel" as he immediately saw the benefits of the training. Through this experience Kian has cultivated a passion for helping others achieve their fitness goals- even those goals that seem unattainable.

Coach Deena is a CrossFit Level 1 and CrossFit Kids instructor at Phoenix Athletix Club. Deena has an impressive and diversified background in both work and fitness. She is a graduate of Fashion Institute of Technology (FIT), where she achieved a BS in merchandising and management as well as a minor in economics. In her youth, Deena was a highly trained athlete participating in both division 1 soccer and basketball, as well as swim, dance and softball. Deena's excellence in soccer allowed her to be selected for the Olympic Development Program as a part of their youth division. Deena's love for fitness and athleticism continues as an adult. She is well versed in all aspects of the cross-training programs and is dedicated to encouraging individuals to lead fit and healthy lifestyles.

Chris Hafer has a high degree of training and knowledge in the area of health and fitness. He majored in Health Science at the University of California, Fresno State and received the All American in wrestling and was a member of the state championship team. He is certified in Personal Training, CrossFit, and Olympic Lifting and is also certified with the International Sports Sciences Association (ISSA). Coach Hafer specializes in CrossFit, Olympic Lifting, Power Lifting and Collegiate Sports Training. His numerous years of experience in athletics, health, nutrition and fitness have given him the opportunity to work with a diverse clientele and have allowed him to come up with routines that are specific to each individual client.

The coaches are always available to speak with you at the beginning or at the end of class regarding any questions or concerns that you may have. They can also be reached via e-mail or phone:

CFK HEAD COACH

Kian Shahryary
Kian.phoenixathletixclub@gmail.com
703-389-3880 (cell)

CFK ASSISTANT COACH

Deena Shahryary
Info@phoenixathletixclub.com
703-407-1527 (cell)

DIRECTOR OF FITNESS

Chris Hafer
Info@phoenixathletixclub.com
703-888-9959 (cell)

Please see important program information below.

CLASS SCHEDULES

CHICKS

ages 3-5

4:00 pm-4:30 pm (Tues)
4:00 pm-4:30 pm (Fri)

LITTLE BIRDS

ages 6-12

4:30 pm-5:10 pm (Tues)
4:30 pm-5:10 pm (Fri)

BIG BIRDS

ages 13-17

5:10 pm-6:00 pm (Tues)
5:10 pm-6:00 pm (Fri)

PAYMENT INFORMATION

The CrossFit Kids program is typically billed on a month-to-month basis, however there is a 10-class punch card available as well.

Month-to-Month Rates:

\$75.00/month for members

\$95.00/month for non-members

Punch Card:

\$150.00 for a 10-class punch card

this card has a 6-week expiration date

While there are no contract requirements for kids, we do appreciate your use of the auto-debit payment option to eliminate the time and hassle of collecting payments during class time and allowing us to focus on training your child. All cancelation requests need to be made via e-mail prior to the billing date. Memberships and punch cards are not transferable and refunds will not be issued based on lack of attendance.

We use a payment system called Wodify to maintain membership information and process payments for all of our clients. We created an account with Wodify for your child when you signed a waiver for your child to participate in his or her first class. If you need help navigating the Wodify site, please do not hesitate to ask for help.

GENERAL POLICIES

- Please take the time to walk your child inside the building for check-in and come inside the building for check-out.
- Unless pre-arranged, your child(ren) is only allowed to go home with a parent or guardian. Until we get to know you and your child(ren) by name, please sign your child(ren) in and out with the coaches so we ensure they leave with the appropriate person. We may request to see identification.
- Please let the coaches know of any special needs for your child (medications, illnesses, physical/mental limitations, injury), and if your child is engaged in another sports training program. We have your child(ren)'s best interest at heart, and we do not wish to induce overreaching or overtraining.
- Please send your child(ren) to class with a water bottle with their name(s) on it.
- A waiver must be signed by a parent or legal guardian prior to your child's participation in their first class.
- Unless a punch card has been purchased, CrossFit Kids is billed on a month-to-month basis. We require that a credit card be on file for each child.
- Please send your child to class in appropriate clothing for running, jumping, pulling, and etc.

Sincerely,

The Phoenix Athletix Club Team

234 Dominion Road, Northeast
Vienna, Virginia 22180
tel. 703.888.9959
e-mail: info@phoenixathletixclub.com
website: www.phoenixathletixclub.com

