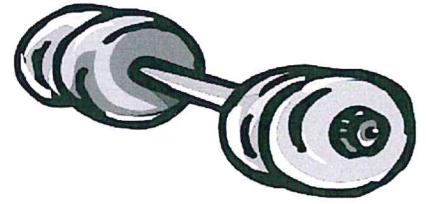




Scottsbluff Family YMCA



Beginning Weight Training

For ages 12 and up

Let our wellness staff introduce your kids to proper and safe lifting techniques in our Beginning Weight Training class.

WHEN: The 6 week session will begin Saturday, March 2nd. Group will meet Tuesday and Thursday evenings at 4:45, and Saturday mornings at 9:00. Last day of the six week session is Saturday, April 6th.

WHERE: YMCA Free Weight Room

INSTRUCTOR: Jason Schmidt

FEE: \$80 members \$100 non-members

Participants Name _____ Gender: M F 2017-18 School Grade: _____

Date of Birth: _____ Age: _____ School Attending _____

Serious Health Problems: No Yes

Explain: _____

Parent/Guardian Name _____

Address _____ City _____

State _____ Zip _____ Email _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

I understand and am aware that my child will/may be participating in physical activities and that the potential for accidents does exist. In consideration for being allowed to participate in the YMCA's program, I agree to assume conducting this YMCA program from any and all claims, suits, losses, or related causes of action for damages, including (but not limited to) such claims that may result from injury or death (accidental or otherwise) during, or arising in any way from the program. I also understand that the Scottsbluff Family YMCA may use, for publicity and /or promotional purposes, my (or my child's) name or pictures participating in this program, without obligation or liability to me or my family.

Parent/guardian Signature _____ Date _____