



2019 Gymnastics and Fitness Summer Workshops

Four-day workshops run from 9am-2pm and include Gymnastics, Dance/Cheer, Strength Conditioning, Flexibility, and Recreational Swimming.

Boys and Girls Ages 5-13 (students grouped by age and ability)

Per week: \$50 Members / \$60 Non-Members (\$10 sibling discount on 2nd child)
(payment in full due before 1st day of workshop)

ATHLETE INFORMATION:

SELECT ONE: () MEMBER () NON-MEMBER

First Name: _____ M: _____ Last Name: _____ Date of Birth: _____ Gender: M F

PRIMARY ADULT NAME (PARENT OR GUARDIAN FOR APPLICANT UNDER 18):

First Name: _____ M: _____ Last Name: _____ Date of Birth: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Preferred Contact Phone: _____ Email Address: _____

Please check the Workshop Week(s) you are signing up for:

- () May 28-31 (Tu-F)
() June 10-13 (M-Th)
() June 24-27 (M-Th)

PLEASE NOTE: If minimum enrollment of 6 students is not met 1 week before start date then week may cancel. *You will be notified by email if your week cancels.*
If you would like to choose a back-up week please notate above.

LUNCH and SWIMMING

- **Students are responsible for bringing their own lunch.** Refrigeration will be provided if needed and a microwave is available.
- **Please make sure your athlete brings their own bathing suit, towel, and sunscreen every day or they will not be able to participate.**

RULES AND DRESS CODE

- Students should arrive no more than 10 minutes before the start of workshop and should be escorted to Parent Viewing Area to wait.
- Students should wait in Parent Viewing Area at the end of class for parent to pick up. Please escort your child from viewing area to parking lot. Do not ask them to come wait out front for you.
- **NO parent observation during workshop hours.**
- Hair should be restrained and away from child's face.
- Gymnasts are highly encouraged to wear one piece leotards, shorts are optional. Tight fitting tank tops and shorts are allowed.
- **NO BAGGY T-SHIRTS. NO BARE MIDRIFF, NO JEANS, ZIPPERED SHORTS, OR JEWELRY.**
- Boys wear shorts and a *tucked in* T-shirt or Tank.

LIABILITY AND CONDITIONS OF MEMBERSHIP:

In consideration of gaining membership or being allowed to participate in the activities and programs of the YMCA, use of the facilities, equipment, and machinery, I do hereby waive, release, and forever discharge the YMCA and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damage resulting from my participation in any activities at said facility. I do hereby release all of those mentioned and any others acting on their behalf from any responsibility or liability for any injury or damage to myself or family, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of the YMCA or use of any equipment at the YMCA.

I agree on behalf of my household, my family, and myself with the YMCA policies and procedures and understand that my/our membership can be revoked without refund for exhibiting inappropriate behavior or abuse toward the YMCA staff or facilities. I have read and understand the above policies and procedures. Policies, procedures, and schedules are subject to change.

PHOTO RELEASE: I hereby grant permission for the YMCA to use without limitation or obligation, photographs or other media to promote or interpret YMCA programs.

Signature of Parent/Guardian

Date