

Texas County Family YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A STRONGER YOU FOR A STRONGER US



Youth Strength & Conditioning

Winter 2019
9-13 years old
Texas County Family YMCA

Texas County Family YMCA
1602 N. Oklahoma St
Guymon, OK 73942
Ph: (580) 468-9622
Fax: (580) 338-5643

This program is designed to teach the importance of proper exercise techniques and use of the cardio and selectorized equipment. If your child is between the ages of 9 and 13 years old and would like to use our Wellness Center, we have the perfect program available. After successful completion of the program, your child will receive a certificate and be permitted to use the wellness center without adult supervision.

- 4-week program teaching fundamental strength & conditioning principles, safety and technique.
- **Experiential learning** using a variety of fitness tools such as free weights, machines, calisthenics and more.
- Passing certification allows the young member the **special privilege** of using the Wellness Center without the need for parental accompaniment.
- Focus on **functional fitness while having fun!**
- This class will be taught by **Certified Personal Trainers**

REGISTRATION Fees for Youth Strength & Conditioning is \$45/member \$60/non-member.

Registration forms must be completed and returned with **FULL** payment to the Texas County Family YMCA, located at 1602 N. Oklahoma St, Guymon, OK before attending the first training.

Participation waivers must be completed prior to any individuals participating.

For Questions, or for more information, please contact:

Audrey Marshall, Program Director
Texas County Family YMCA
580-468-9622 or by email at
tcfyprograms@gmail.com

Athlete's Name _____

Athlete's Address _____

DOB _____ Age: _____

Parent's Name _____ Email _____

Parent's Phone _____

School: _____ Grade: _____

Please choose a session or choose multiple sessions:

Session 1: January 8th-31st

Session 2: February 5th-28th

Session 3: March 19th-April 11th

**Every Tuesday & Thursday
4:00-5:00pm**

Athlete's Waiver: Please read before signing!

In consideration of your accepting my participation in the Texas County Family YMCA Youth Strength & Conditioning program, I hereby, for myself and my heirs, do waive and release any and all rights and claims for damages I may have against the Y or its representatives and officials, for any and all injury, disability, death, or loss or damage to personal property, suffered by myself or any member of my family, going to, coming from, or while at any Y sponsored Youth Strength & Conditioning , practice, event or related activity for ordinary negligence. I recognize that Strength & Conditioning is a physically active activity that has some very significant inherent risks to the participants and/or spectators. Strength & Conditioning is performed on hard and sometimes slippery surfaces with equipment that can cause injury whether used properly or improperly, and weights that can sometimes cause loss of control. I recognize that possible injuries associated with Strength & Conditioning include, but are not limited to: breaks or sprains to legs, arms, wrists, ankles, ligament or cartilage tears, concussions, eye injuries (scratch, gouge or loss), broken nose, loss of teeth, permanent paralysis, etc., even though I, as a participant, and at my own discretion and prerogative, may be wearing protective equipment. I hereby certify with my signature below that I have read this waiver and acknowledge that there are significant risks involved in Strength & conditioning. I hereby assume all such risks, both known and unknown. I give my commitment to better my ability and learn the proper use of the Texas County Family YMCA's Wellness Center.

Athlete's Signature _____

Parent/Guardian Signature _____

OFFICE USE ONLY

____ Registered in Daxco

____ Fee Paid

____ Session

Staff Name _____

Program Director _____