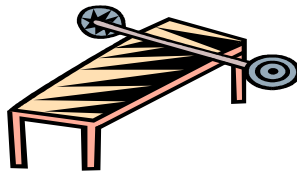




Weightlifting Class



Begins February 15th

For ages 13-18(must still be in high school)

This class is designed to promote strength, agility and more.

This class will consist of a circuit workout in our free weight room, bench pressing, squatting, dead lifting, and learning proper form and technique.

Warm-ups consisting of jump stretch and cardio.

Once the 6 weeks class is completed you will be put into a weightlifting club with your weight class and you will then continue on with your training with that club which will then meet 3 x's a week with a Saturday morning weight lifting club.

This is a great way to meet new people and to find a workout partner.

Where: at the Downtown YMCA

Days: Monday and Wednesdays 3:45-5:15pm

Ages 13-18 year olds

Cost Members –no charge- Non members \$25.00

Program runs for 6 weeks then continues to the weightlifting club.

Pre-registration required.

NAME: _____ DOB: ____/____/____ AGE

ADDRESS: _____

PHONE#: ____-____-____

EMERGENCY CONTACT: _____

PHONE#: ____-____-____

MEDICAL RESTRICTIONS:

SCHOOL: _____ YMCA MEMBERSHIP: MEMBER NON-MEMBER

T-SHIRT SIZE: ADULT S ADULT M ADULT L ADULT XL ADULT XX

AMOUNT PAID? _____

INFORMATION CONSENT & RELEASE STATEMENT

"In consideration of my participation in the activities of the Young Men's Christian Association - East Liverpool Area, I do hereby declare myself to be medically able to participate in the activities of the YMCA - East Liverpool Area. (I understand that there are risks involved in all physical activities and I agree to familiarize myself with all equipment, facilities, rules and physical demands related to the activities I undertake). I agree to hold free from any and all liability the YMCA - East Liverpool Area and its respective officers, employees, members, volunteers, and sponsors and do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of or connected with my participation in any of the activities of the YMCA - East Liverpool Area." I agree that my consent and this release are irrevocable. I hereby release and discharge The East Liverpool Area Family YMCA, YMCA of the USA and third parties collaborating with The East Liverpool Area Family YMCA and/or YMCA of the USA from any and all claims in connection with the uses and reproductions of any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience East Liverpool Area Family YMCA.

Parent or guardian signature required.

Date _____