



BOOTCAMP AT THE Y

This boot camp has a foundational focus for learning the basics of exercise and fitness! If you are looking for a program that will allow you to increase your understanding of the core movements of fitness, then this is the program for you! We will be working to teach form, build strength through movement, and increase knowledge of how to train properly. The goal for this camp is to increase endurance through repetition, get stronger, and move better by learning proper form. This is an 8-week program. This program is for men and women, ages 13+.

Dates:

September 9th - October 30th

Days:

Tuesdays & Thursdays

Times:

5:30 AM - 6:30 AM

Price:

\$50.00 for Y-Members | \$75.00 for Non-Members

Instructor:
Kristy Harford



REGISTER TODAY!

**A MINIMUM OF 10 PARTICIPANTS ARE
NEEDED TO HOLD THE SESSION.**





BOOTCAMP AT THE Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Participant Name: _____ DOB: _____

Mailing Address: _____ City: _____ State: _____ Zip Code: _____

Cell Phone Number: _____ Cell Phone Carrier: _____

Primary Contact Email: _____

Alternative Contact:

Emergency Contact Name: _____ Cell Phone

Number: _____

YMCA MISSION: The mission of the San Angelo YMCA is to serve the people on the community of all faiths and ages, with emphasis on families and youth, to permit them to achieve their God-given potential in mind, body, and spirit, through its programs, staff, facilities and the community.

WAIVER: I hereby, for myself and my agents, waive and release any and all rights and claims which may accrue against the YMCA of San Angelo, and its respective officers, agent, sponsors, or any employees for any injury or any communicable illness such as COVID-19 which may be suffered in connection with my child's participation in the program. I hereby acknowledge that the program provides no insurance coverage, and my own insurance will be used in the case of an accident. By enrolling/registering my child in the program, myself and my agents understand and agree to follow all policies outlined in the Parent & Participant Handbook. (Can be found online at www.ymcasanangelo.org) I understand that I will automatically receive marketing communications from all outlets. If I decide to stop receiving these communications, I can choose to unregister at any time.

PHOTO RELEASE: Additionally, in consideration of being allowed to participate in YMCA membership and programs, I understand that images, video, and film footage are often used by the YMCA of San Angelo for promotional purposes. For myself and my agents, participation in activities to be conducted by the YMCA of San Angelo hereby give myself and my agents, permission and consent, now and for all time, to the YMCA of San Angelo, The National Council of Young Men's Christian Associations of the United States of America (YMCA of the USA) and third parties collaborating with YMCA of San Angelo to make, reproduce, edit, broadcast or rebroadcast any video film, footage, soundtrack recordings and photo reproductions of myself and my agents, and or myself and my agents, narrative account of my experience at YMCA of San Angelo for publication, display, or exhibition thereof in promotions, advertising, and legitimate business uses without any compensation to, and/or claim, by myself and my agents. I may, or may not be, identified in such reproductions; however, I shall not be stated by name to have endorsed any particular commercial products or commercial services.

REFUNDS: Full refunds will be issued only upon cancellation of the program. Should a refund be requested prior to the first meeting. A \$10.00 fee will be assessed.

Participant Signature: _____ **Date:** _____

Participant Name Printed: _____