



# BOOTCAMP

## At The Y

Welcome all runners and fitness enthusiasts! For those of you who are just starting to run, interested in running, already seasoned runners, or just wanting a total body workout, come join us at our upcoming Runner's Workshop Bootcamp! Running is an activity that utilizes the whole body, and we will be focusing on exercises that will help: prevent wear and tear, reduce common problems like shin splints, and increase speed/endurance. We hope to see you there! Join us for Bootcamp! This is an 8-week program designed for men and women ages 13+.

**Dates:**

April 7<sup>th</sup> - May 28<sup>th</sup>

**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 COMMUNITY AND 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](http://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:** \_\_\_\_\_