



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN INJURY PREVENTION

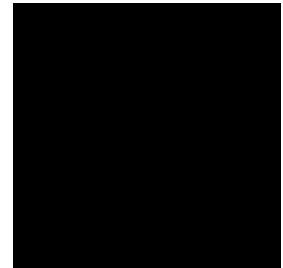


Teen Injury Prevention with Strength and Conditioning

Ages 10-18

This program is designed to teach teens how to properly train to prevent injury along with working on strengthening and conditioning of easily injured muscles and body parts. This will be a 6 week program lead by Blasé Pachura, a graduate of University at Buffalo's Exercise Science Program and a certified personal trainer, focusing on one topic a week. The cost for this program is \$40 for members and \$70 for non-members. Please make checks payable to Rome YMCA.

- WHEN:** Fridays Starting March 23rd to April 27th
- TIME:** Beginner 3:30 pm– 5:00 pm
Intermediate 5:00 pm–6:30 pm
- COST:** \$40 Members \$70 Non-Members
- LOCATION:** ROME FAMILY YMCA 301 W Bloomfield Street Rome, NY 13440



Please submit the bottom half of this form to the front desk at the YMCA along with payment.
Checks can be made payable to Rome Family YMCA

Name of student: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ Zip: _____ Ph#: _____

Email: _____ Rate \$40 Members \$70 Non-Members

Parent or Guardian Name print: _____ Date: _____

Waiver Release Information:

I understand that my child's participation in this activity involves certain risk and regardless of the precautions taken by the YMCA staff and volunteers injuries can occur. Therefore it is incumbent upon you to make sure your child listens to all instructions given by staff to insure his/her safety. You also certify that the present level of your child's physical condition is consistent with all the demands of active participation in this clinic. Knowing this you agree to absolve, and hold harmless the YMCA of the Greater Tri Valley, the organizers, coach/instructors along with any volunteers, in the case of an injury to my child while participating in this Injury Prevention Program.

Parent or Guardian Signature : _____ Date: _____

For more information contact Nick Reid, Rome Family Y,
at 315.336.3500 x 232 or nreid@ymcatrivalley.org.