



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEEN INJURY PREVENTION

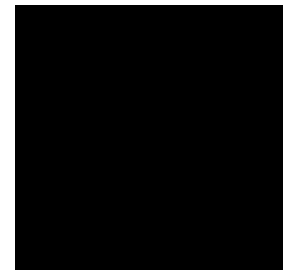


## Teen Injury Prevention with Strength and Conditioning

### 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 January 5th to February 9th
- TIME:** 3:30 pm– 5:00 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

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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.