



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH BOXING

## FOR STUDENTS 8-18 YEARS OLD



This program is designed for those interested in learning the fundamentals of boxing and the disciplines that come with the sport. It's also a great cardio workout for those looking for something different. The program and staff will educate you on the proper stances, footwork, boxing techniques, and skill set required to be a boxer. The cost for a Y member is \$10 a month, Rome students \$15 and for a non-member \$20. Checks should be made payable to the Rome YMCA. Registration is ongoing and there is no pro-rating. The cost is the same whenever you sign up. Register online at [www.ymcatrivalley.org](http://www.ymcatrivalley.org) or pick up a form at the Rome Y or at Stadium Support off Turin Road during program hours which are 5:00- 6:00pm. Bring your own mouth guard and wraps. This program is for girls and boys. When school is cancelled or closed there is no program!

- WHEN:** Monday–Thursday (ongoing throughout the school year)
- TIME:** 5:00pm 6:00pm
- LOCATION:** STADIUM SUPPORT 500 TURIN ST. ROME, NY 13440



Please submit the bottom half of this form to the front desk at the YMCA along with payment.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Ph.#: \_\_\_\_\_ Email Address: \_\_\_\_\_

Gender Circle: Male or Female    Member Rate: \$10    RFA Student \$15    Non-member rate: \$20

### Waiver Release Information:

I understand that 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 you listen to all instructions given by staff to insure your safety. You also certify that the present level of your physical condition is consistent with all the demands of active participation in Boxing. 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 me while participating in this Boxing Program.

Signature Guardian: \_\_\_\_\_ Date \_\_\_\_\_

I consent to the use of my child's photo for marketing opportunities by the Rome Y, by not consenting I understand that my child can still participate in the program.     I consent to having photos taken of my child     I do not consent to photos being taken of my child

**For more information contact Nick Reid, Rome Family Y,  
at 315.336.3500 x 232 or [nreid@ymcatrivalley.org](mailto:nreid@ymcatrivalley.org).**