



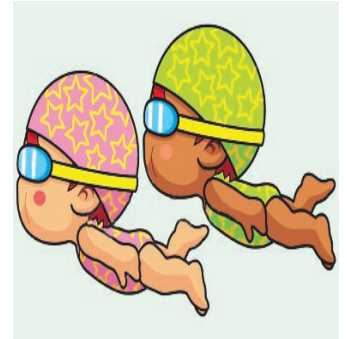
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM AND SWIM

Gym and Swim is a 7 week program designed for home schooled children to interact with their peers and stay active and fit. This program offers 45 minutes of structured swimming and 45 minutes of instructed gym time. Gym and Swim is a good way for kids to stay active, live healthy, and meet other home schooled children. Sign up today!



Ages: 5-16 years old
When: Tuesdays 2:00-3:45
Where: Rome Family YMCA
301 W. Bloomfield St.
Cost: \$30 for members
\$60 for non-members



- NAME: _____ ADDRESS: _____
- CITY: _____ STATE: _____ ZIP: _____
- PHONE: _____ AGE: _____ DOB: _____
- PARENT/GUARDIAN NAME: _____
- EMERGENCY CONTACT NAME & NUMBER: _____
- EMAIL ADDRESS: _____
- PAID: _____ STAFF SIGNATURE: _____
- *PLEASE FILL OUT FORM ON THE BACK AND RETURN WITH PAYMENT TO THE YMCA. NO REFUNDS WILL BE GIVEN UNLESS THERE IS A MEDICAL EXCUSE OR PROGRAM DOES NOT RUN.



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Waiver/Release Form

Tri-Valley Gym & Swim Program

Participant's name: _____

I realize that Gym & Swim may involve vigorous physical activity that involves various elements of activities. I understand that participation in Gym & Swim involves certain risks and that regardless of the precautions taken by the YMCA of the Greater Tri-Valley or the participants, some injuries may occur.

In order to properly protect my own safety and that of my fellow participants, I agree to follow these rules as well as others that may be given by my coach/instructor/referees. Further, in recognition of the importance of shared responsibility for safety, I agree to report any noted deviations from the safety rules, as well as any hazardous conditions or equipment, to my coach/instructor.

I further certify that my present level of physical condition is consistent with the demands of active participation in Gym & Swim. Following is a complete list of all my known health conditions that might affect my ability to participate:

I have carefully read the foregoing document. I have had the opportunity to ask questions and have them answered. I am confident that I fully know, understand, and appreciate the risks involved in active participation in this program.

Having been informed of the above program, I the parent of the above named registrant do hereby give my approval for their participation in any and all of the activities during the Gym & Swim session. I assume all risks and hazardous incidental to the conduct of the activities, and I do release, absolve and hold harmless the YMCA of the Greater Tri-Valley, the organizers and the coach/instructor/referees. In case of injury to my child, I hereby waive all claims against the organizers, sponsors or any of the supervisors appointed by them. I am voluntarily requesting permission for my child to participate.