



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH BOXING



Youth Boxing Program 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 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 for 8-12 year olds and 6:00–7:00pm for 13-18year olds. Bring your own mouth guard and wraps. 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 8-12yr olds and 6:00pm–7:00pm for 13-18yr olds.
- 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.#: _____

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

Sign Name : _____ Date: _____
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 _____

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