TAKE THE CHALLENGE

2018 Speed and Power

NORTH CENTRAL MO YMCA

Tuesday, Thursday, and Fridays
11:15am-12:30am

Sessions:
(Register for session 1 or 2 or BOTH!)

Camp #1: June 5– June 29

AND/OR

Camp #2: July 10-August 3

Fees: $75/session

Ages: 3rd-12th Grade

*All participants will receive a T-Shirt!

REGISTRATION DEADLINES:
Camp #1 deadline: June 1
Camp #2 deadline: July 1
**Depending on registration, there may be two class times within the sessions.

Take your training to the next level with two, four week sessions of intense training. Improve your jump height, agility, and quickness. This is a high intensity class to enable muscles to reach maximum strength in as short a times as possible. We will work on footwork drills, cones, ladder work, elastic bands, incline sprints, various jumps and abdominals. All classes will be held at the YMCA gym and weight room.

YMCA 2018 Speed and Agility

Childs Name_____DOB_____ Grade_____Sex_____

Address_____ City_____ Zip_____

Best Contact Phone: (____)_____ Parent's Name_____

I am attending (please check all that apply) SESSION 1 ☐ SESSION 2 ☐ BOTH ☐

Shirt Size: YS 6-8 YM 10-12 YL 14-16 AS AM AL AXL YMCA Member: Yes No

The applicant above has my permission to participate in this activity. I/we hereby agree to hold harmless the YMCA officers, directors employees and volunteers from any and all claims, damages or liabilities for personal injuries or property damage, loss/theft of personal items or articles of any nature whatsoever, arising out of or in any way connected with the use of YMCA facilities, regardless of the cause of any such claim, damage or liability. I give North Central Missouri YMCA permission to take and post pictures of the child listed above. I realize the YMCA does not carry accident insurance. The YMCA recommends that each family carry adequate health and accident insurance.

Signed_____ Date_____ Rect. #_____ Amt.$_____

North Central Missouri YMCA,, 1140 West Helm Street, Brookfield, MO 64628, 258-2388, www.ncmymca.org