



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GAIN A COMPETITIVE ADVANTAGE

## YOUTH SPORTS CONDITIONING BEDELL FAMILY YMCA

Jump start your aspiring athlete with this training program that focuses on developing body awareness, strength, balance, agility, flexibility and coordination in a fun, creative and positive environment. This program will create a solid base for long-term athletic development. Each session is 30 minutes. Participants will have the option of choosing 1, 2 or 3 days per week. MUST be a YMCA member.



### Group Pricing (2 or 3 individuals):

5 sessions \$50 per individual  
10 sessions \$90 per individual  
15 sessions \$130 per individual

### Individual Pricing:

5 sessions \$75  
10 sessions \$135  
15 sessions \$195

### Youth Sports Conditioning

Number of Sessions:     5     10     15    Circle one:     Individual     Group

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Email \_\_\_\_\_

Parent Name \_\_\_\_\_ Home Phone: \_\_\_\_\_

Will your child utilize YMCA bussing after school?     Yes     No    If yes, please indicate school     Boji     SpLk

YMCA Waiver I understand Bedell Family YMCA will not be held responsible for injuries resulting from participation. As the parent or legal guardian of the above named child, I hereby give consent for emergency medical care prescribed by a dully licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb, or well being of my dependent. As the parent or legal guardian I release and consent the use of any and all photographs taken of my dependent.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_