



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS FITNESS FUN

YOUTH FITNESS CAMP BEDELL FAMILY YMCA

This camp will be 'boot-camp-style' and is intended for 8-13 year-olds. This program is scalable to accommodate any fitness level. Movements will be mostly bodyweight with added cardio in a fun atmosphere. Classes may be inside or out, depending on weather.



Ages: 8-13

Day/Date: Tuesdays/Thursdays
August 10, 12, 17, 19

Time: 10:30 - 11am

Fee: \$24 Members, \$48 Non-Members

Youth Fitness Camp

Name _____ DOB _____ / _____ / _____ Age _____ M/F _____

Address _____ City _____ Email _____

Parent Name _____ Home Phone: _____

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 _____