

**Legal/Liability Agreement  
Must be signed prior to start of  
class.**

I understand that the YMCA of South Palm Beach County, Inc. assumes no responsibility for injuries or illness, which I may sustain as a result of my physical condition, or from my participation in any athletic activity, sports program, use of equipment, exercise or other activities. I expressly acknowledge, on behalf of myself and my heirs, that I will assume the risk for any and all injuries and illness that may result from participation in these activities. I hereby release the YMCA of South Palm Beach County, Inc., its agents, servants, and employees from any and all claims of injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the YMCA of South Palm Beach County, Inc. is not responsible for personal property, lost or stolen, while members and/or program participants are on the premises.

**Signature Parent / Guardian**

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**Date**

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**Print Name of Parent / Guardian**

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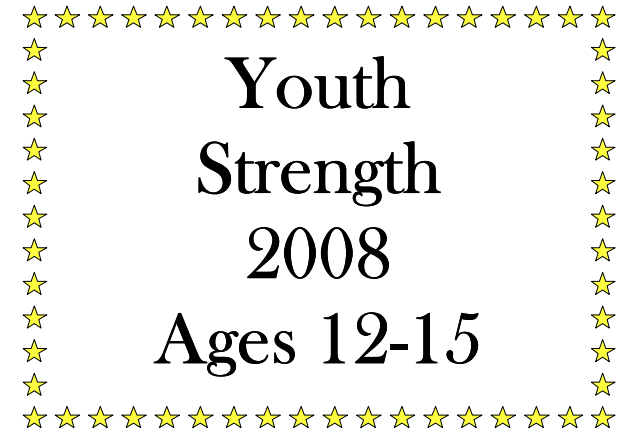
**Guardian signature required for children  
under 18 years of age**

**DeVos-Blum Family  
YMCA of Boynton Beach  
9600 S. Military Trail  
Boynton Beach, FL 33436  
(561) 738-9622 or  
www.ymcaspbc.org**

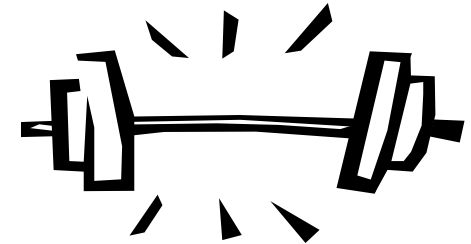
***Mission Statement:***  
*To put Christian principles into practice  
through programs that build  
healthy spirit, mind and body for all.*



We build strong kids, strong families, strong communities.



**Youth  
Strength  
2008  
Ages 12-15**



The Youth Fitness course is designed to educate its participants on the importance of proper resistance training, fitness floor etiquette, and practical applications in the Fitness Center. Each participant will be required to pass a practical exam.

## Youth Strength

Tuesdays and Thursdays  
4:30– 6:00 p.m.

### Class Information

- Meets twice weekly for 2 weeks.
- Once the session has started, no registrations will be accepted.
- Class limit is 7 participants. Must have at least 4 students for the class to run.

### **Cost:**

**Members:  
\$35**

**Youth Member:  
\$40**

**Program Participant:  
\$55**

<b>Class Months</b>	<b>Tues/Thurs Class Days</b>
<b>April</b>	8th, 10th, 15th, 17th
<b>May</b>	13th, 15th, 20th, 22nd
<b>June</b>	10th, 12th, 17th, 19th
<b>July</b>	15th, 17th, 22nd, 24th
<b>August</b>	No class
<b>September</b>	9th, 11th, 16th, 18th
<b>October</b>	7th, 9th, 14th, 16th
<b>November</b>	11th, 13th, 18th, 20th

## **Registration Form**

Participant Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

Alt. Phone: (     ) \_\_\_\_\_

Employer / School: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Phone #: (     ) \_\_\_\_\_

- Youth Strength classes may be cancelled if there are less than (4) four enrolled in a class.
- No refunds or make-ups are given for missed classes.

**Please contact Meri Fetkovich  
Health and Wellness Director for  
questions or comments at  
561-536-1386.**