



# JUMP START TRAINING

The YMCA of Southwestern Indiana is offering a seven week training program for individuals who are interested in beginning a workout program. The ultimate goal is to help people of all fitness levels complete the Evansville Half Marathon presented by German American on Saturday, October 14, 2017.

- Free program to YMCA members and community members
- May 30 through July 15
- Register at either the Downtown or Dunigan Family YMCA
- Registration includes training sessions, camaraderie, support and much more!

Trainings will take place on Tuesdays and Thursdays at 6:00 pm and on Saturdays at 7:00 am. All trainings will begin from the Downtown YMCA.

**An informational meeting will be held at 6:00 pm on Tuesday, May 23 at the Downtown YMCA.**

Please complete the form below and return it to the YMCA. A schedule of mileage and cross training suggestions will be provided at the meeting or emailed to you prior to the first day of training. For more information, please contact Heather Lejman at 491-7713 or lejman@ymcaswin.org

\_\_\_\_\_  
**Name** \_\_\_\_\_ **DOB** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Y Member? yes** \_\_\_\_\_ **no** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Emergency Contact:**

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**NOTE:** It is recommended that you see your physician before undertaking any new or strenuous activity.

**RELEASE: I AGREE TO INDEMNIFY, HOLD HARMLESS AND DEFEND THE YMCA OF SOUTHWESTERN INDIANA, INC. AND ITS RESPECTIVE OFFICERS, DIRECTORS, AGENTS, AND ALL SPONSORS AND VOLUNTEERS FROM AND AGAINST ANY CLAIM, LIABILITY OR ACTION ARISING OUT OF ANY INJURY OR DEATH AS A RESULT OF MY PARTICIPATION IN THIS TRAINING PROGRAM. I FURTHER GRANT PERMISSION FOR THE USE OF MY NAME AND PHOTOGRAPHS FOR PUBLICITY AND PURPOSES TO PROMOTE YMCA ACTIVITIES. THIS RELEASE IS BINDING FOR THE UNDERSIGNED, HIS/HER HEIRS, LEGAL REPRESENTATIVE AND ASSIGNS.**

\_\_\_\_\_  
**Participant's Signature (Parent or guardian's signature if participant is under 18)**

\_\_\_\_\_  
**Date**

The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind and body.