

JUMP START TO A HEALTHIER YOU



The YMCA of Southwestern Indiana and its team of wonderful volunteers is offering you a 7 week **FREE** program to start making your way toward the you that you want to become this year. The ultimate goal is to transition from Jump Start into the Team 13 Program with the end result being completion of the Evansville Half Marathon presented by German American on Saturday, October 13, 2018. You will have fun, meet people, and be inspired to make lifestyle changes along the way!

Informational meeting at the Downtown Y at 6 pm Tuesday, May 22nd

Training begins May 29th

- **FREE** program for ALL
- Open to all fitness levels
- 7 Week program that builds endurance
- Group training every Tuesday, Thursday, & Saturday at the Downtown YMCA
- New lifestyle change tips and recipes each week
- Support of YMCA staff and volunteers at every training session

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

OUR MISSION: 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.