

# JUMP START TRAINING



The YMCA of Southwestern Indiana and our team of volunteers is offering a **FREE** 7 week program to help you start making your way toward a healthier version of yourself this year! The goal is to transition from Jump Start to the Team 13 Program with the end result being completion of the Evansville Half Marathon presented by German American Bank in October. You will have fun, meet people, and be inspired to make lifestyle changes along the way.

**Informational meeting at Party Central (across from the Downtown Y) at 6 pm Tuesday, May 14th**

***Training begins May 21st***

- **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
- Support & encouragement from YMCA staff and volunteers

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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.**

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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