

# JUMP START TRAINING



Informational Meeting  
**MAY 12**

*Training begins May 19th*

**FREE PROGRAM**  
Registration Required

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! Training starts at 1 mile and work up to 3 consecutive miles over 7 weeks. 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. Trainings are held on Tuesdays & Thursdays at 6 pm and Saturdays at 7 am.

Questions? Contact Meghan at [craven@ymcaswin.org](mailto:craven@ymcaswin.org) or 812-492-6710

**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.

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