

JUMP START TRAINING



Informational Meeting
MAY 4

at Party Central (120 NW Martin Luther King Jr Blvd)

Training begins May 11th

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 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.

SIGNATURE NEEDED ON BACK SIDE

TO THIS AGREEMENT, YOU ARE RELEASING THE YOUNG MEN'S CHRISTIAN ASSOCIATION OF SOUTHWESTERN INDIANA, INC. ("YMCA") FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE Assumption of Risk I acknowledge and agree that any use of YMCA facilities, services, equipment and premises ("Facilities") and any participation in YMCA programs and activities ("Programs") comes with inherent risks including, but not limited to: (1) personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being specifically described in this document. Waiver, Release, Indemnification & Covenant Not to Sue In consideration of the use of Facilities and participation in Programs I, the undersigned, agree that YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") shall not be liable for any personal injury, property damage, disability, death, sickness or disease – including a defined "communicable" disease and/or within an epidemic/pandemic environment, as determined by federal, state, and local health authorities -- by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs. I further agree, on behalf of myself and any and all legal successors and proxies, to release and HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but not limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees. In further consideration of the use of Facilities and participation in Programs, I agree to INDEMNIFY, DEFEND AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors. 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