



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Girls on the Run — Spring 2012

Girls on the Run is an experiential learning program designed for 3rd through 5th grade girls that combines training for a 3.1 mile run with life-changing, self-esteem enhancing, uplifting warm-ups and workouts that encourage emotional, social, mental, and physical development. Visit [www.girlsontherun.org](http://www.girlsontherun.org) to learn more about Girls on the Run!

**Girls on the Run will meet in the Front Lobby on Mondays and Wednesdays from 4 p.m. to 5 p.m., beginning February 13th.**

**Cost: \$50/member      \$75/non-member**

Sponsorships may be available for those who cannot afford the full fee.

If you have questions please contact Kara Loggins at 869-0151 or [kloggins@hpymca.org](mailto:kloggins@hpymca.org).

Name \_\_\_\_\_ Age \_\_\_\_ Gender \_\_\_\_\_ Grade \_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Fathers Name \_\_\_\_\_ Work# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Employer \_\_\_\_\_

Fathers Name \_\_\_\_\_ Work# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell# (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Employer \_\_\_\_\_

Ethnicity (For United Way) \_\_\_\_\_ Email address \_\_\_\_\_ Shirt Size \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

"In consideration of being permitted to utilize the facilities, services and programs of the YMCA for any purpose including, but not limited to, observation or use of the facilities or equipment, or participation in any off-site programs affiliated with the YMCA, the undersigned for himself, herself and any personal representatives, executors and administrators, WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE the High Point YMCA, their directors, officers, employers and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in the program or any other activities."

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Reviewed by legal counsel 1/16/2012



**Hartley Drive Family YMCA**  
150 West Hartley Drive  
High Point, NC 27265  
(336) 869-0151  
[www.hpymca.org/hartley](http://www.hpymca.org/hartley)



YMCA mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.