



Spring 2011

Carl and Linda Grubb Family YMCA

336-861-7788

www.hpymca.org

Girls on the Run is a 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, spiritual, and physical development. Visit www.girlsontherun.org to learn more about Girls on the Run!

Girls on the Run will meet after school on Mondays and Fridays at 5:30 p.m., beginning Monday, March 14. The season will end with a 5K run, dates and times to be determined.

If you have questions, please contact Meredith Morgan, Health & Fitness Director, at 861-7788.

Cost: \$60 members/ \$85 non-members

(Please make checks payable to: YMCA)

Child's Name _____ Child's D.O.B. _____

Parent's Name _____ Parent's D.O.B. _____

Address _____

Phone Number _____ Grade _____ T-shirt size YM YL AS AM AL

Email _____

(Girls on the Run of the Triad, NC is offered in collaboration with the YMCA of High Point, NC.)

I, the undersigned, acknowledge, agree, and represent that I have inspected and carefully considered the facilities and programs. I understand that even when every reasonable precaution is taken, accidents can happen. As a condition to participation by me or my children in YMCA activities, on my behalf and on behalf of my children, I waive and release any claims for loss or injury incurred or suffered which I or my children might make against the YMCA, its sponsors, officers, employees, volunteers, or contractors as a result of participating in YMCA activities or using its facilities. I further agree to indemnify the YMCA against and hold it harmless from loss incurred as a result of claims against it based upon alleged actions or omissions by my children or me. I have read this authorization, waiver, and release, understand it, and am voluntarily signing it.

This form, after being signed by the parent/guardian, must be reviewed for completeness and signed by the director/designee prior to the child receiving care. The director/designee shall have the parent/guardian review and initial the form when any changes/updates are made. **By signing below I acknowledge I have received, read and will comply with the YMCA Member/Participant Code of Conduct and Program Policies.**

Parent's signature _____ Date _____

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

