



VALLEY SHORE YMCA SMALL GROUP TRAINING REGISTRATION FORM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Name: _____ DOB: _____ Age: _____
Address: _____ City: _____ Zip: _____
Phone: _____ Email: _____

Emergency Contact Information:

Name: _____ Phone: _____

Registration: (Please check the appropriate box)

- 2 Person Small Group Training (\$150.00/Person)**
 - Private Training with 1 Other Person
 - Health Assessment Prior to Training
 - 4 One Hour Training Sessions

- 3 Person Small Group Training (\$125.00/Person)**
 - Private Training with 2 Other Members
 - Health Assessment Prior to Training
 - 4 One Hour Training Sessions

- 4 Person Small Group Training (\$100.00/Person)**
 - Private Training with 3 Other Members
 - Health Assessment Prior to Training
 - 4 One Hour Training Sessions

OFFICE USE ONLY	
Start Date: ____/____/____	
Completed Sessions: 1 2 3 4	
Staff Initials: _____	

WAIVER AND RELEASE FORM

In consideration of being allowed to participate in any way in the Valley Shore Y's Small Group Training program, its related events and activities, I _____, the undersigned, acknowledged, appreciate, and agree that:

1. There is a risk of injury from the activities involved in this program, including the potential for muscle pulls, fractured ankles and stress fractures, equipment collisions; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELESEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Valley Shore Y immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS The Valley Shore YMCA and the trainers/floor staff and/or volunteers of the Valley Shore YMCA their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lesser of premises used for the activity ("releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASSEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____

Date signed: _____