



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH STRENGTH GROUP TRAINING

## Youth Summer Strength Training Program DICKENSON FAMILY YMCA

This 3-week strength (6-session) training program helps youth build muscle and skill while safely maintaining proper form using a variety of techniques. This athletic skills training program educates and emphasizes the importance of being active no matter the skill level in a positive group setting.

Please wear exercise gear and bring a water bottle!

Cost: \$55 for Y members; \$65 for non-members (A \$200+ Value)

Limited to 8 per class\*

\*Class confirmation subject to at least a 5-person enrollment

### When:

#### June 10—June 28:

- Tuesdays & Thursdays: 10:00am w/Osha (8 - 11 yrs) 6/10, 6/13, 6/17, 6/20, 6/25, 6/28
- Tuesdays & Thursdays: 10:30am w/Andrew (12 yrs & up) 6/11, 6/13, 6/18, 6/20, 6/25, 6/27

#### July 8—July 26:

- Tuesdays & Thursdays: 10:30am w/Andrew (12 yrs & up) 7/9, 7/11, 7/16, 7/18, 7/23, 7/25

**Location:** DICKENSON FAMILY YMCA  
FITNESS FLOOR / FREE WEIGHT AREA  
8501 S. Garnett

Sign up at Front Desk or [ymcatulsa.org/register](http://ymcatulsa.org/register) (keyword: Youth Fitness)

More information: [aringleb@ymcatulsa.org](mailto:aringleb@ymcatulsa.org)





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## Youth Strength Group Training Registration Form

### Prices

Members \$55 Non-Members \$65

### Please Circle Session:

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6/10, 6/13, 6/17, 6/20, 6/25, 6/28

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Participant's Name: \_\_\_\_\_

Guardian's Name: \_\_\_\_\_

Member:      Yes                      No

Age: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees and agents (herein referred to as "releases") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether cause by negligence of the releases or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participation in any program affiliated with the YMCA, without respect to location.

Print Participant's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Guardian Name & Signature: \_\_\_\_\_

Date: \_\_\_\_\_