



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

LEARN NEW SKILLS Youth Sports – Fall 2018

FALL PROGRAMS

Instructional Soccer

This program introduces children to the basic fundamentals and rules of soccer and improves social interaction with peers. Choose program location when registering.

Ages: 4-5 year olds
Where: Garfield Elementary, Stoney Point or Marion YMCAs
Day & Time: Mon/Wed from 5:30pm – 6:15pm
Session Date: 9.05.18-10.15.18
Register By: 8.20.18
Cost: Member - \$30
Community Member - \$65

Flag Football 101

Learn the basics of football in this program designed specifically for our little friends. Choose program location when registering.

Ages: 4-5 year olds
Where: Arthur Elementary, Stoney Point, or Marion YMCAs
Day & Time: Tues/Thurs 5:30pm – 6:15pm
Session Date: 9.04.18-10.11.18
Register By: 8.20.18
Cost: Member - \$30
Community Member - \$65

Youth Soccer

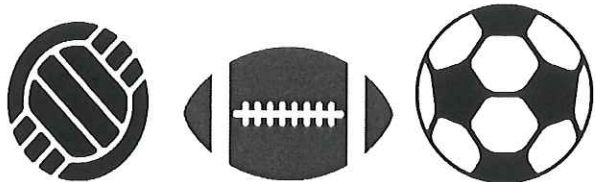
Practices are once a week and games are Saturday mornings at various locations. Please note, if you register for Fall 2018 only, you will need to re-register for the Spring 2019 session (runs 3.19.19-5.19.19).

Ages: AK/K – 5th graders for girls
AK/K – 5th graders for boys
Day & Time: Practice locations are chosen by volunteer coaches with games on Saturdays
Session Date: Week of 8.13.18 to 10.06.18
Games Begin: 9.01.18
Register By: 7.30.18
Cost FALL: Member \$40
Community Member \$85
Cost BOTH: Member \$60
Community Member \$105

Youth Flag Football

This league is designed to teach the fundamentals of football and emphasizes good sportsmanship. Practices are once a week.

Ages: 1st – 5th graders
Day & Time: Practice locations are chosen by volunteer coaches, games on Saturdays.
Session Date: Week of 8.13.18 to 10.06.18
Games Begin: 9.01.18
Register By: 7.30.18
Cost: Member - \$40
Community Member - \$85



Youth Volleyball

This program is designed to introduce and teach basic fundamentals and game rules. Choose a program location when registering.

Ages: 3rd – 6th graders
Where: Helen g. Nassif, Stoney Point or Marion YMCAs
Day & Time: Mon/Wed from 5pm-6pm
Session Date: 8.27.18-10.10.18
Register By: 8.13.18
Cost: Member - \$40
Community Member - \$85

FINANCIAL ASSISTANCE AVAILABLE

Contact Dale Emerson at 319-390-3488 for more information.

VOLUNTEER COACHES NEEDED

Come be a part of the fun!
The Y needs coaches for Youth Sports teams. Contact Dale Emerson at 319-390-3488 to get involved.

LEARN NEW SKILLS

YMCA Youth Sports Registration – Fall 2018

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| <input type="checkbox"/> Instructional Soccer <i>Program runs: M/W 5:30pm-6:15pm</i> | <i>Choose Location:</i> Garfield <input type="checkbox"/> Marion <input type="checkbox"/> Stoney Point <input type="checkbox"/> |
| <input type="checkbox"/> Youth Soccer <i>1st session-Fall 2018 only</i> | <i>Both Sessions-Fall 2018 and Spring 2019</i> |
| <input type="checkbox"/> Flag Football 101 <i>Program runs: T/Th 5:30pm-6:15pm</i> | <i>Choose Location:</i> Arthur <input type="checkbox"/> Marion <input type="checkbox"/> Stoney Point <input type="checkbox"/> |
| <input type="checkbox"/> Youth Flag Football | |
| <input type="checkbox"/> Youth Volleyball <i>Program runs: M/W 5pm-6pm</i> | <i>Choose Location:</i> HGN <input type="checkbox"/> Marion <input type="checkbox"/> Stoney Point <input type="checkbox"/> |

*For Fall programs, choose grade level based on 2018-19 school year

REGISTRATION INFORMATION

Youth Name: _____ Address: _____ City/State: _____ Zip Code: _____

Birthdate: _____ Male Female Parent/Guardian Name (and DOB): _____

Phone: _____ Cell Phone: _____ E-mail: _____

School: _____ Grade: _____ Choose the YMCA nearest you: HGN Marion Stoney Point

Coach/Teammate Request: _____

Yes, I want to Volunteer Coach for my child's team-Name: _____ Phone: _____ Email: _____

Circle Uniform Size: Youth SM Youth MED Youth LG Adult SM Adult MED Adult LG Adult XL

Waiver: In consideration of membership current or new, or participating in YMCA activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence the YMCA of the Cedar Rapids Metropolitan Area and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows: I acknowledge that participating in YMCA activities involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments or other injuries as a result of falls or contact with other participants; death as a result of drowning or brain damage caused by near drowning in pools or other bodies of water; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity. 2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation. 3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs. 4. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition. 5. In the event that I file a lawsuit, I agree to do so in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply. 6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect. 7. "By participating in the YMCA Nationwide Membership Program, I agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law." Activities included but not limited to: Adaptive Swim lessons, Adventure Guides, Adventure Trips-Canoe, Rock Climb, Cave, American Kenpo, Basketball Programs, Cabin Campers Programs, Canoeing, CIT, Climbing Tower, Competitive Swim Programs, Competitive Stroke Development, Day Camp Programs, Eggstravaganza, Family Camp Programs, Flag Football Programs, Golf Classic, Halloween Camp, Horseback Programs, Kickball, Lifeguard Training-Red Cross, LIT, Massage, Mighty Mites, Mighty Sluggers-coed, Mother Daughter Camp, Parent Night Out, Personal Training, Ranger Programs, Rock Climbing/Repelling, Rookie Swim Camp, Soccer Programs, Spring Fling Camp, Stoney Stunner Kids Fun Run, SwampFox3-on-3 Basketball, Swim Lessons Adult – Youth, Tae Kwon Do, Tee Pee Village Programs, Treadmill Trekkers, Visitor Day Passes, Volleyball Programs, Wapsie Camp Retreats, Wapsie Campouts, Wapsie Team Building Programs, Water Movement, Water Stamina Programs, Water Acclimation Programs, White Water Rafting, Wilderness First Aid, Wilderness, Education, Winter Camp, shooting sports, riflery, Archery The above list is not intended to be and is not exhaustive. There may be YMCA activities the undersigned participates in which are not listed above; but said activities are intended to be and are included in the terms and conditions of this release. By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

Further, I grant the YMCA of the Cedar Rapids Metropolitan Area permission to use photos and/or videos of myself and/or my family taken during YMCA programs, classes and activities to be used in its promotional materials, locally and nationally and grant the YMCA of the Cedar Rapids Metropolitan Area permission to send SMS text notifications to my mobile phone and/or devices.

Lastly, the YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access. I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. I have read and understood this document and I agree to be bound by its terms.

Signature of Parent/Guardian _____ Date _____

Office Use Only: Receipt# _____ Date _____ Amount _____ Staff Initials _____