



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHOCK YOUR BODY BUILD YOUR CONFIDENCE

## Intense Water Work-out's A. C. LEWIS YMCA

Swim Coach, **Kaylin Haynes**, has 35 years experience in martial arts training, and is ready to train you!!! Her small group high intensity water and land work out will build your minds, bodies, and spirits. You will be strengthen head to toe while building stamina and endurance.

**WHEN:** Tuesday and Thursday  
Sept 24 - Oct 31

**TIME:** 5:00-6:00pm

**Cost:** \$150 for all 6 weeks

**LOCATION:** A.C.LEWIS YMCA  
350 S. Foster Blvd  
225-924-3606





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### Participant Information

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ Zip: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Parent's name: \_\_\_\_\_  
Emergency contact name: \_\_\_\_\_  
Emergency contact phone: \_\_\_\_\_

I recognize that participation in YMCA activities may expose myself to some risk. I agree to hold the YMCA harmless from any claims for damage to property or injury, which may occur through participation in any activity at the YMCA or in its programs. The YMCA reserves the right to use photographs taken of program participants and their family for marketing and publicity. I have read and understand the above information. My child has permission to participate in this YMCA program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**YMCA of the Capital Area Mission:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.