



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPEED AGILITY & CONDITIONING



**UNLEASH THE BEAST @ the YMCA
A.C. LEWIS YMCA**

Take advantage of the UNLEASHED speed, agility and conditioning training program. Whether you're completely new to fitness training or an experienced lifter, Unleashed gives you the ability to get ahead of the pack with either small group training or work one on one with a certified Professional staff member to improve performance and excel in your sport or activity.

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- Small Group Training
- One on one Training
- Adult Training and Conditioning

WHEN: Monday thur Friday
TIME: 5:30 pm Session ONE, 6:30 Session TWO
LOCATION: A. C. LEWIS YMCA
350 South Foster Drive
225-924-3606
acl-programs@ymcabr.org



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CIRCLE ONE

AGE: 7-8 9-10 11-12 13-14 15-17 18-up

Program : Speed, Agility & Conditioning Group Session kids Group Session High School Group Session Adult

Elite Program: One on One kids One on One Adults NFL Combine Training

A GROUP IS FIVE OR MORE PEOPLE JOINING TOGETHER WITH PERMISSION OF YMCA PROGRAM DIRECTOR .

Weekly Fee: Member \$45 / Program Participant \$60 **6 week session \$240/ \$360**

Group session Weekly : \$25 Member/ Program Participant \$35 ONE on ONE Training \$60 Member/ \$70 Program Participant

NFL Combine Training: \$300 Flat rate Speed Consulting: \$50 Week Speed Training \$55 week (Twice a week)

Name _____

Address _____ City/State/Zip _____

Primary Contact Person: _____

Primary Phone _____ Primary E-mail Address _____

Sex _____ Age _____ DOB ____/____/____ School _____ Grade _____

Shirt Size: Circle One 4-5 XSM 6-8 SM 10-12 MD 14-16 LG AS AM AL XL XXL

Refund Policy: Registration fees are non-refundable after the registration deadline. No Refund will be given for unmet requests for coach, team/teammate, or conflicts with practice and game sites or times. All qualifying refunds are subject to a \$25 administration fee.

The YMCA of the Capital Area does not provide accident or medical insurance for program participants. I recognize that participation in YMCA sponsored activities may expose my child to risk of injury. I agree to hold the YMCA harmless from any claims that may occur through participation to any property or injury to persons, which may occur through the participation in any activity at the YMCA, or in its programs. In cases of emergency or accident and I am unable to be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for my child to an appropriate facility for treatment. I assume all financial responsibility for program fees incurred as result of my child participating in this YMCA program. I authorize the YMCA to use any images taken of my child for promotional purposes of the YMCA. My child's family members will adhere to YMCA Good Sportsmanship behavior. I have read and understood the above information. My child has permission to participate in this YMCA program in accordance with the conditions set forth above.

Signature of Parent or Guardian _____

Date _____