



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEDNESDAY WORKOUT WARRIORS

Youth Fitness Class ALGONA FAMILY YMCA

This program uses fun games to teach about health and fitness for youth. Kids can learn things like lifting mechanics, speed and agility, body weight strength training, etc. all while being active with their friends. Everyone is welcome no matter of athletic or fitness ability. Join us on early out Wednesday's for a blast with fitness!

- WHEN:** Early Out Wednesday's, skip April 11th
(Jan. 10th & 24th, Feb. 14th & 28th, Mar. 14th & Apr. 25th)
- TIME:** 3rd & 4th Grade : 2:15-3:00 pm
5th & 6th Grade : 3:00-3:45 pm
- COST:** \$20 for members, \$60 for non-members

Class Limit 15

Participants Name: _____ Grade: _____

Parents Name: _____

Participants Phone #: _____ Parents Phone #: _____

Email address: _____

Parent Signature: _____

I authorize my child to participate in YMCA sports and recognize the risk of injury. I agree to waive all claims against the YMCA. I give permission to use photos and video that include my child for the purpose of YMCA promotions.

Staff only: Amt. Paid: _____ Pymt. Type: _____ Date: _____