

**RELEASE AND WAIVER OF LIABILITY/INDEMNITY AGREEMENT/
PHOTO RELEASE**

IN CONSIDERATION of being permitted to utilize the facilities, services, and programs of the YMCA for any purpose including but not limited to observation or use of facilities, equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and any personal representatives, heirs, or next of kin hereby acknowledges, agrees, and represents that he or she has or immediately upon entering or participating will inspect and carefully consider such premises and facilities of the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities, equipment, or participation in such affiliated programs constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES, EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

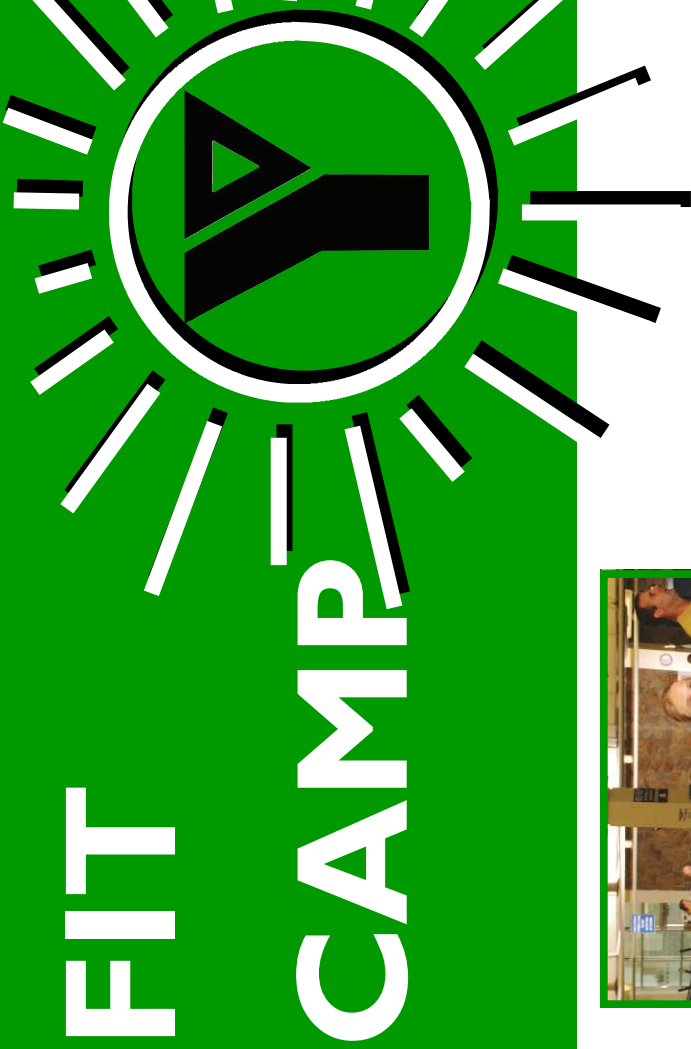
- #1. **THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES, AND CONVEYANTS NOT TO SUE** the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assignees, heirs, and next of kin for any loss or damage or any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises, facilities, or equipment therein or participating in any program affiliated with the YMCA.
- #2. **THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY, SAVE, AND HOLD HARMLESS** the releasees from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
- #3. **THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE** due to *negligence* of releasees while in, about, or upon the premises of the YMCA and/or while using the premises, facilities, or equipment thereon or participating in any program affiliated with the YMCA.
- #4. **The YMCA** does not condone staff privately providing childcare for program participants. Parents or guardians who hire child care providers from among YMCA staff understand that the YMCA is not responsible for staff who conduct outside employment and hereby releases the YMCA from any liability for acts or omissions of any staff who provide child care outside of YMCA employment.
- #5. **By signing this Agreement** I hereby give my permission for the YMCA to take my photograph or a photograph of my children and use or publish this likeness for YMCA purposes and I release the YMCA from any claims for such use.

THE UNDERSIGNED further expressly agrees that the foregoing **RELEASE AND WAIVER OF LIABILITY/ INDEMNITY AGREEMENT/PHOTO RELEASE** is intended to be as broad and inclusive as is permitted by the law of the State of Massachusetts. If any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNED THE RELEASE AND WAIVER OF LIABILITY/ INDEMNITY AGREEMENT/PHOTO RELEASE and further agrees that no oral representations, statements, or inducements apart from the foregoing written agreement have been made.

I HAVE READ THIS RELEASE

Signature



**Fun and
Fitness
Starts here!**



HEALTH & WELLNESS

The Ultimate Educational Fitness Experience

Now more dates to choose from!

Option 1: July 13-17 9:00am-4:00pm

Option 2: July 27-31 9:00am- 4:00pm

Option 3: August 10-14 9:00am-4:00pm

Location: Sterling Center

Boys and Girls entering grades 6 through 8 are welcome.

Delivering your child the ultimate educational fitness experience. Fit camp combines the best of Sterling Center's Aquatics, Health and Wellness and group exercise staff for a week of fun and fitness. Five days of swimming, team games, running, jumping, interactive menu planning and healthy eating instruction will foster education through interaction with our specialized staff. The small camper to instructor ratio will deliver the attention needed for an awesome experience no matter what the fitness level or level of athletic participation. The camp will include several group personal training sessions with our Certified Personal Trainers as well as a Fitness Assessment. By weeks end the campers will be able to efficiently and safely utilize the Sterling Center's Nautilus and cardiovascular equipment for a complete continued fitness experience.

Fit Camp Staff (including but not limited to):

Andrew Walker: BS Kinesiology, Certified Personal Trainer: Greater Beverly YMCA Health and Wellness Director

Jon Jodoin: Certified Personal Trainer, Licensed Massage Therapist, and sports-specific conditioner with over 13 years experience

Lee Benton: Certified Personal Trainer and specialty class instructor. Focused on individual as well as group training

Regina Baker: Certified Personal Trainer, certified spin instructor and Registered Nurse.

Corinne Ray: Certified Personal Trainer and Nutrition Specialist

Bonnie Ingemi: Certified group exercise instructor, veteran Pilates instructor.

Fit Camp Registration Form

Please Fill Out This Section Completely!

Participant Name _____

Address _____

City _____

Phone Number () _____ - _____

Email _____

If participant is UNDER 18:

Parent/Guardian Name _____

Emergency Contact Info (Required for ALL Registrations)

Name _____ Phone () _____ - _____

In the event of a medical emergency the Greater Beverly YMCA will secure proper medical treatment for your child. The above named emergency contacts will be called after

an attempt is made to reach a parent at the phone number listed above.

Camp Fees:

YMCA Members: \$302

Community: \$332

Non-Refundable Deposit: \$50

Registration for the Fit Camp

- Sterling Center Front Desk
- On-Line at www.northshoreymca.org

If you have any questions about **Fit Camp**, please contact

Andrew Walker, Health and Wellness Director

walkera@northshoreymca.org or 978-927-6855 x 1242