

RELEASING ENERGY!

Friday Early Release Energy Program
HARRISON FAMILY YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHOOL'S OUT EARLY ON FRIDAYS! Spend the afternoon the Y way, **RELEASING ENERGY!**



Ages: K-12 (for Rocky Mount Prep students only)
Location: Rocky Mount Preparatory
Session 1: September 30th–October 28th
Session 2: January– May 19th
Fridays 1:15–3:30PM

Session 1: \$50
Session 2: \$170

- ⇒ Must register at the Y
- ⇒ Can register for a pro-rated amount at any time

Energy Releasing Activities!

- Teamwork Scavenger Hunt Relay
- Soccer
- Volleyball
- Basketball
- Field Games
- Soccer
- Volleyball
- Basketball
- Field Games



Friday Early Release Energy Program– Fill out form and register at the Y today!

Participant's Name _____ Age _____ Date of Birth _____

Address _____ City/State/Zip _____

Home Phone _____ Parent/Guardian Name _____

Parent/Guardian Home Phone _____ Work Phone _____

Cell Phone _____ Email _____

Emergency Contact Name _____ Phone Number _____

Please circle participation option of choice: Session 1 Session 2

I understand and agree that neither the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury may suffer during or resulting from my child's/ward's participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether my child/ward can safely participate in this program and whether there are precautions or limitations to my child's/ward's participation.

Parent's Signature _____ Date _____