



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILD STRENGTH, SPEED & ENDURANCE

## Youth Sports Performance Training

### Monthly Packages

Our youth sports performance program is designed to improve an athlete's biomechanical function and teach proper training techniques. Building strength, speed, endurance, and self confidence while decreasing risk of injury.

### Y Member Pricing

Pricing is based on Monthly Sessions

60-min	
# Sessions	Rate
4 (1/wk)	\$40
8 (2/wk)	\$80

### Non-Member Pricing

Pricing is based on Monthly Sessions

60-min	
# Sessions	Rate
4 (1/wk)	\$48
8 (2/wk)	\$96

For more information contact Shawna Pounds at [shawnap@ymcasatx.org](mailto:shawnap@ymcasatx.org).  
Financial assistance (up to 30%) is available.

**BOERNE FAMILY YMCA** • 820 Adler Rd. • 830-815-1040 • [ymcasatx.org](http://ymcasatx.org)

**YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.



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## BOERNE FAMILY YMCA Youth Sports Performance Training Registration

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Member ID# \_\_\_\_\_ DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
(15+ only)  
Ph: \_\_\_\_\_ Email: \_\_\_\_\_

**Prices below reflect monthly automatic draft amount.**

### Y Member Pricing:

**Select number of Sessions:**

#### 60-Minute

☐ Four Session (\$40)

☐ Eight Session (\$80)

### Days and Times of each class:

\_\_\_\_\_  
\_\_\_\_\_

### Non-Member Pricing:

**Select number of Sessions:**

#### 60-Minute

☐ Four Session (\$48)

☐ Eight Session (\$96)

### Days and Times of each class:

\_\_\_\_\_  
\_\_\_\_\_

# of Registered Classes: \_\_\_\_\_ Total Amount Paid: \_\_\_\_\_

Date Paid/Monthly Draft Date : \_\_\_\_\_ Staff: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

EFT Account: \_\_\_\_\_

Bank Routing #

Checking/Savings Account #

### Cancellation/Class Change Policy:

If participant wishes to cancel they must submit written notice 30 days prior to their draft date. There is a \$25 processing fee on all refunds. Due to limited space, we cannot offer holds.

### Release, Waiver, Hold Harmless, and Indemnification Agreement

I understand that the YMCA activities have inherent risk, and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further, on behalf of myself waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees from any claims or injury caused by the YMCA's NEGLIGENCE or otherwise sustained during my use of the YMCA and the YMCA property.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff Receiving Payment:

Date of Payment:

Money Collected: