



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIT FOR ALL Adaptive Needs Functional Movement

Date: Every Saturday    Where: The Frisco Family YMCA in The Garage  
Starts June 2nd    Cost: Free to Frisco Y members or \$10 drop in fee for non members  
Time: 10:45-11:30

Parent Name: \_\_\_\_\_  
Phone: \_\_\_\_\_    DOB: \_\_\_\_\_  
Email: \_\_\_\_\_  
Address: \_\_\_\_\_

Participants Name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
Address (if different): \_\_\_\_\_

Y member: yes or no

Please tell us what areas your teen has the most success and what areas he/she may need extra help with in a fitness class. Please

**Waiver** I release The FRISCO YMCA and each of their employees and volunteers from all liabilities, damages, and any claims made by the above named participant or on his or her behalf, including medical expenses incurred, should injury or loss of property, or damages occur because of his or her participation in The Y Program. We fully understand the nature of childcare, fitness and recreation services and the risk of injury, loss of property, or damages associated with these services. Further in such regard the undersigned on behalf of the above named participant and themselves:

1. Hereby, release, waive, discharge and covenant not to sue the YMCA and each of their directors, officers, employees, and volunteer from all liability to the participants and the undersigned and their personal representatives, for any loss or damage, and any claims or demands therefrom because injury to the above named participants regardless of the cause, while the participants are in upon, or about the premises of the FRISCO Y
2. Indemnify and save and hold harmless the YMCA OF METROPOLITAN DALLAS and the FRISCO Y and loss, liability damage or cost in or upon or about the Y.
3. The undersigned hereby permits the Frisco Y to make and use photographs and videos to be exhibited on the Frisco Y and Metropolitan Dallas Y
4. Parents must remain at the Y during class time

Today's Date: \_\_\_\_\_

Parent  
Signature: \_\_\_\_\_

Member # \_\_\_\_\_ Receipt# \_\_\_\_\_ staff initials \_\_\_\_\_

FRISCO FAMILY YMCA • 3415 W MAIN ST • FRISCO, TX 75034

214-297-9622 • www.friscoymca.org

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.  
Financial Assistance is Available.