



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN
US!

Runs
Monthly!

TUFF TWEENS

STRENGTH AND CONDITIONING CLASS USING BODY WEIGHT
AND EQUIPMENT

Wellman YMCA
525 13th Street
Wellman, IA 52356

WHEN: Monday & Wednesday from 4-4:45PM

WHERE: Wellman YMCA

WHO: 4th – 6th Grade

COST: \$15 Members/ \$25 Non-Members

Wellman Tuff Tweens Strength & Conditioning

Continuous Monthly program

Participant: _____ Grade: _____

Address: _____

Email: _____ Phone: _____

YMCA Member (Circle) YES NO

Waiver of Liability: I understand that even when reasonable precaution is taken, accidents sometimes happen. Therefore in exchange for the YMCA of Washington County allowing my child to participate in Tuff Tweens, I understand and expressly acknowledge that I release the YMCA of Washington County from all liability for injury, loss, and damage connected in any way whatsoever to my child. I understand this release includes claims of negligence action or inaction of staff, directors, guests or volunteers.

Parent or Guardian Signature _____ Date _____

YMCA youth memberships are \$75/year Ask how to sign up your child today!
Financial assistance is available. Contact the YMCA at (319) 653-2141 prior to deadline for details!