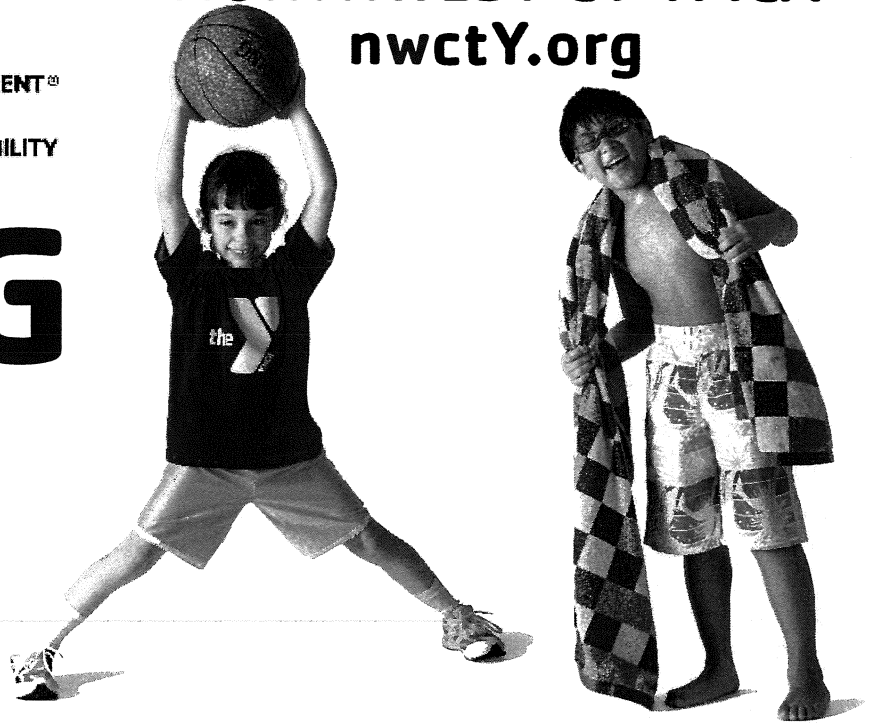


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHWEST CT YMCA
nwctY.org

SPRING GYM & SWIM



Torrington YMCA After School Program

The Torrington YMCA is proud to offer our popular Gym & Swim program to students of Torrington schools. Participants will enjoy time in both the pool and gym each week. A healthy snack is also included! This program is designed to help your child interact with others, as well as burn off energy! The program dates below are offered to the children from Forbes, Tarringford, Southwest, and Vogel-Wetmore. Participants will be transported to the YMCA via bus, so please notify and submit an alternative transportation form with your child's school, informing them they will be getting on the YMCA bus each week.

MARCH 8 – MAY 3

FRIDAYS, 4:00 p.m. to 6:00 p.m.

Facility Members \$75 • Program Members \$95

General Public \$100

FORMS MUST BE SUBMITTED TO THE TORRINGTON Y

Contact Sports & Wellness Director Tim Cederberg at tcederberg@nwcty.org for more information.

Registration form on back.



REGISTRATION FORM

Child's Name: _____ Guardian's Name: _____

Address: _____

Daytime Phone: _____ Evening Phone: _____

Child's School: _____ Child's Grade: _____ Date of Birth: _____

Emergency Contact (other than listed above) _____ Phone# _____

Northwest YMCA Member (Gym & Swim): Facility (\$73) Program (\$90) General Public (\$96)

(Gymnastics): Facility (\$50) Program (\$100) General Public (\$110)

Waiver: Participant specifically assume all risks of injury arising out of his/her presence on the premises of the Young Men's Christian Association (the YMCA), my use of its equipment or facilities and my participation in its activities, whether on its premises or at another location, and for myself and my heirs and assigns hereby waive, release and agree to hold free from all claims for damage the YMCA and its officers, directors, members, employees or agents. I understand the risks and dangers involved in participating in the programs and activities of the YMCA, my child (ren) are physically capable of participating in such programs and agree not to participate in any activity that may injure them or others.

(Signature of Parent or Guardian)

(Date)

Credit card # _____ Exp. Date _____ Amount Paid \$ _____

If school is canceled due to inclement weather, the YMCA Gym & Swim program will not run that day.
To register for Gym & Swim, complete the form above and return it to the Membership Services Desk at the Torrington Y, or fax with payment information to 860.482.4853, attention Tim Cederberg.



AFTER SCHOOL GYMNASTICS

Have some fun after school as you learn the basics of gymnastics and progress accordingly. Option to bus child directly from school. Snack provided.

Wednesdays 4:00 pm - 5:00 pm

Fee: Facility Member \$50

Program Member \$100

General Public: \$110

