



Program Waiver

Participant Name: _____

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 damages 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, am physically capable of participating in such programs and agree not to participate in any activity that may injure myself or others.

Signature of Parent/Guardian
Signature of Participant (18+)

Date