



YMCA of Cass and Clay Counties

Get Going and Extreme Bikers



Get Going and Extreme Bikers June 14th—August 19th

Class session offered:

- **Monday, June 14th – July 12th** 4:00pm-6:00pm **Get Going-Runners on the Move—Schlossman**
- **Monday, July 19th—August 17th** 4:00pm-6:00pm **Get Going-Runners on the Move—Fercho**
- **Tuesday, June 15th—Aug 18th** 7:00pm-9:00pm **Extreme Bikers—Schlossman**
- **Thursday, June 17th—Aug 19th** 6:00pm-8:00pm **Get Going-Runner and Power Walker Club—Fercho**

Free to all YMCA members.

Get Going-Runners on the Move for ages 8-14. Children stay active by running and playing games outside. The goal for the students at the end of each 5 week session is to run/walk three miles.

Get Going-Runner and Power Walker Club ages 15 to adult. A club for all members to participate in who want to stay active and social while running in your choice of a 1, 3, or 6 mile run or power walk.

Extreme Biker for any age. (14 years and younger need to be accompanied by an adult) Themed bike night, all bikers will participate in dressing up for each week's theme. Bikes and helmets will not be provided but are **REQUIRED**. Prizes will be awarded each week for the best outfit.

*Non member will have to purchase a day pass

On the first day of each session meet in XerZone at each branch.

How to Register: Please complete and return the form below no later than the first day of each session to:
YMCA of Cass and Clay Counties

Attn: Stefanie Meyer
400 1st Ave S
Fargo, ND 58103

Questions? Please contact Stefanie Meyer, Health and Fitness Director
at stefanie.meyer@ymcacassclay.org or (701) 364-4140.

REGISTRATION FORM

June 14-August 19th, 2010 | YMCA of Cass and Clay Counties

Name _____ Gender _____ Birth Date _____

Address _____ City _____ ST _____ ZIP _____

Phone _____

Email Address (Required) _____

- Courses Attending:**
- _____ **Get Going—Runners on the Move—Schlossman**
 - _____ **Get Going—Runners on the Move—Fercho**
 - _____ **Get Going—Runner and Power Walker Club**
 - _____ **Extreme Bikers**

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of my participation in the activities of the YMCA of Cass and Clay Counties, I do, for myself, my heirs, executors and administrators, waive any and all claims for damages for any injury to myself which may have been sustained arising out of or connected with such participations and I released and discharge the YMCA of Cass and Clay Counties, its member, officers, employees, or agents from any and all liability whatsoever arising out of or connected with such participation.

I do hereby declare myself to be physically sound having medical approval to participate in the activities of the YMCA of Cass and Clay Counties.

It is my responsibility to conduct my personal affairs in a manner that affirms the mission of the YMCA.

Must be registered by the first day of each session.

Signature: _____