

**SHEBOYGAN FALLS YMCA**

305 Buffalo Street, Sheboygan Falls, WI 53085

P 920-467-2464 • F 920-467-4641

[www.sheboygancountymca.org](http://www.sheboygancountymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FALLS Y SUMMER TEEN FITNESS**

**GIRL POWER**

**JUNE 12 - AUGUST 4, 2023**

**Age 12 & Older**

Girl Power is HERE! Whether you're an athlete training for a sport or someone just looking for an edge to gain better personal fitness, Girl Power is for you! Learn and train in the basic strategies and lifts that will help you create your own personal strength training program. An increased lean body mass builds more muscle, burns more calories, and decreases body fat. Some of the added benefits of strength training include: stronger bones, improved self-esteem, and improved overall fitness. Start today to build for your fitness future!



**Members who complete this class satisfy the requirement of teen strength and will be able to use the equipment in the Riverview and Lakeview Centers independently. Fee is for two-days per week per 7-week session.**

Tuesday .....6:30pm - 7:30pm  
Saturday ..... 10:30am - 11:30am

Members Only

**TEEN INDOOR CYCLE**

**SUMMER 1: JUNE 12 - JULY 22, 2023**

**SUMMER 2: JULY 24 - AUGUST 26, 2023**

**Age 15 & Older**

All the great elements of our indoor cycle classes will be geared towards teens in this new offering. Current music, extra verbal cues from instructor, and a shorter format make this a great class for the experienced bike rider, someone new to indoor cycling or just anyone looking to change up their workout routine. The first class of each session will be spent getting custom-fit on a Matrix bike and reviewing the moves and terminology used in class. **Fee is per 5-week session.**

Tuesday .....4:00pm - 4:45pm



**SHEBOYGAN FALLS YMCA 2023 SUMMER TEEN FITNESS**

Please return to Welcome Desk at the Sheboygan Falls YMCA

Name \_\_\_\_\_ Birth Date \_\_\_\_\_  M  F  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_ Email \_\_\_\_\_

**Hold Harmless Agreement**

I hereby agree to waive any claim or liability I may have on the YMCA arising out of use of the facility, and further agree that I will indemnify and save harmless the YMCA from any and all claims brought against the YMCA, its members and volunteers, on account of death, injury, or damage to persons or property received by any persons by reason of the acts or omissions of the users in their use. I also agree to waive any claims against the YMCA, its members and volunteers for injuries or damages that may result from the conduct of other persons, including participants in the program. I understand the above responsibilities and I give permission for myself and/or my child to participate and be photographed in YMCA activities.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

- |   |  |  |
|---|--|--|
| <input checked="" type="checkbox"/> <b>Girl Power</b> <small>23SU 2FGIRLPOWER</small> | <input checked="" type="checkbox"/> <b>Teen Indoor Cycle</b> | <input checked="" type="checkbox"/> <b>Session</b>                 |
| <input type="checkbox"/> \$45.00 Family Member  | <input type="checkbox"/> \$19.00 Family Member               | <input type="checkbox"/> Summer 1 <small>23SU 2F1TEENCYCLE</small> |
| <input type="checkbox"/> \$54.00 Youth Member   | <input type="checkbox"/> \$22.00 Youth Member                | <input type="checkbox"/> Summer 2 <small>23SU 2F2TEENCYCLE</small> |
|   | <input type="checkbox"/> \$35.00 Participant                 |  |

**Email form to: [jkovacs@sheboygancountymca.org](mailto:jkovacs@sheboygancountymca.org)**

**Payment**

Cash  Check  Credit Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

Receipt # \_\_\_\_\_ Amount Paid \_\_\_\_\_ Rec'd By \_\_\_\_\_ Date \_\_\_\_\_