

University Recreation Youth Programs Summer 2018

Family Flow Yoga w/ Kristin

Item #12420

Sunday's May 7-June 17, 9:30-10:30 am

SRC 245

\$15 (SRC & Chinook Members) \$45 (Non-members)

Yoga will help to build strength, increase flexibility and find focus. Family Flow Yoga will help get you into the rhythm of your own breath by keeping you moving through flows from one post to another, at your own pace. Family Flow invites families to participate, youth under 14 are welcome to participate with their parent or guardian. Youth 14-15 up are welcome to participate while the parent or guardian is in the facility. Youth 16-17 may participate without parent or guardian present.

CrossFit Kids

Item #12512

TTH 4:00-4:40pm

Chinook B40

\$22 (SRC & Chinook Members) \$66 (Non-Members)

Based on the principle of Mechanics, Consistency and then Intensity, CrossFit emphasizes good movement throughout childhood and adolescence. Consistently good mechanics translates to physical literacy, enhanced sports performance and fewer sports injuries for kids and teens. Not only that, a vast body of research indicates that exercise is beneficial to cognitive function, which means consistent adherence to the program can have a positive impact on children's academic achievement.

CrossFit Teens

Item #12513

MW 4:00-4:50pm

Chinook B40

\$24 (SRC & Chinook Members) \$68 (Non-Members)

Based on the principle of Mechanics, Consistency and then Intensity, CrossFit Kids emphasizes good movement throughout childhood and adolescence. Consistently good mechanics translates to physical literacy, enhanced sports performance and fewer sports injuries for kids. Not only that, a vast body of research indicates that exercise is beneficial to cognitive function, which means consistent adherence to the program can have a positive impact on children's academic achievement.

Youth Climbing, Ages 7-9

Item #12506

TTH 4:15-5:15 pm

SRC Climbing Wall

\$15/week (Members) \$25/week (Non-members)

This course provides the necessary instruction for ages 7 to 9 years old to climb, practice new skills and use our autobelay systems. No experience necessary! Climbing Staff picks up kids from camp at 4:15 and drops them off by 5:15.

Youth Climbing, Ages 10-12

ID #12386

MW 4:15-5:15 pm

SRC Climbing Wall

\$15/week (Members) \$25/week (Non-members)

This course provides the necessary instruction for ages 10 to 12 years old to climb, practice new skills and use our autobelay systems. No experience necessary! Climbing Staff picks up kids from camp at 4:15 and drops them off by 5:15.



Pink Gloves Boxing for Teen Girls

Item #12518

Thursday 4:00-4:45

SRC 245

\$35 (Member) \$55 (Non-member)

Pink Gloves Boxing is a non-contact, boxing conditioning fitness program that delivers an amazing workout and an emotionally rewarding experience to small communities of powerful women and girls. We'll focus on goal setting and growing stronger through punching and conditioning drills.

Youth Open Climb

Item #12501

Saturdays June 23, July 7 & July 21 11:00 am-noon

SRC Climbing Wall

\$5/week (Members) \$10/week (Non-members)

This session allows parents to bring their kids to the wall and climb. We will provide all the equipment necessary to learn the ropes! No experience necessary. Parents or guardians must be present for open climb with climbers younger than 14 years old.

UREC Speed and Skills Camp

Item #12519

June 28-29, 11:00 am-5:00 pm

SRC

\$75 (Members) \$100 (Non-members)

Coaches and athletes alike are invited to this 2 day camp where they will work with Ramon Sodano, a Certified Multidirectional Speed Instructor through the Lee Taft Speed Academy, and Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA) to learn how to optimize athletic performance through multidirectional speed. Attendees will learn the components and sub components of multidirectional speed including, but not limited to linear speed, lateral speed, Change of Direction (COD) and retreating. Aspects such as proper programming for speed/agility drills, warm up, cool down, and periodization will all be discussed.

Youth Swim Lessons

Item #12431

June 4 – July 26, 5:45PM-7:00PM

\$35.00 (Members) \$75.00 (Non-Members)/Per 2 week Session

Join us for youth swim lessons. There are options for Parent/Child, Preschool, Levels 1, 2, 3, 4, 5, & 6 depending on the age and skill level of your child. Our instructors follow the American Red Cross swimming lesson curriculum.



Summer 2018 Session 1

PLEASE READ BEFORE SIGNING!

Assumption of Risk, Release of Liability and WARNING

In consideration for being allowed to utilize University Recreation programs, services, facilities and equipment as well as traveling to or from any activity or program organized or affiliated with the University Recreation Department, either on or off any Washington State University properties, I voluntarily agree to assume all risks involved in participating in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I understand that direct supervision by Washington State University staff may not be provided and by participating in, traveling to or from, or using the programs, services, facilities of University Recreation, I expose myself to the risk of injuries including but not limited to temporary or permanent muscle soreness, sprains, strains, cuts, abrasions, bruises, ligament and/or cartilage damage, head, neck or spinal injuries, loss of use of arms and/or legs, eye damage, emotional trauma, disfigurement, drowning or death. I also recognize that there are both foreseeable and unforeseeable risks of injury or death that may occur as a result of my participation in, traveling to or from, or use of University Recreation programs, services, facilities, and equipment that cannot be specifically listed. I also recognize that the actions of other users of University Recreation programs, services, facilities, and equipment may cause harm or loss to my person or property and agree to assume the risks of same.

Release of Liability

I, my heirs and assigns hereby release the State of Washington, the Regents of Washington State University, Washington State University, the University Recreation Department, and the employees, agents or representatives of Washington State University (hereafter referred to as the UNIVERSITY GROUP) from any and all liability, claims, costs, expenses, injuries or losses including those resulting from acts of negligence by the UNIVERSITY GROUP that I may otherwise sustain as a result of my participation in, traveling to or from, or using University Recreation programs, services, facilities and equipment. I also release the UNIVERSITY GROUP from loss or damage to my person or property caused by other users of University Recreation programs, services, facilities, and equipment.

If any part or portion of this Assumption of Risk and Release of Liability is determined to be invalid or unenforceable, the remaining parts or portions shall be enforceable. This release and all matters related to your activities involving Washington State University shall be governed by and interpreted in accordance with Washington law.

I have carefully read this Assumption of Risk and Release of Liability and fully understand its contents. I am aware that this Assumption of Risk and Release of Liability is a contract between the UNIVERSITY GROUP and myself and I sign it of my own free will.

Signature: _____ Date: _____

THIS DOCUMENT WILL BE CONSIDERED EFFECTIVE FROM THIS DATE FORWARD.

If participant is 17 years old or younger, please use a Youth registration form.

Name (please print): _____

Signature of the Witness to the Signing of this document: _____

Witness Name (please print) _____

NOTE: We strongly encourage you to consult with a physician before participating in any physical activity to determine any potential conditions that may adversely affect your participation. We encourage those with pre-existing conditions to wear a medical alert bracelet or neck tag indicating the appropriate medical information. We strongly recommend that all participants have a medical insurance policy, either through university offered programs or through an outside agency that will cover injuries or illness that may occur due to participation in or use of University Recreation programs, services, facilities and equipment. **If you have any questions regarding the language or details of this document prior to signing, please contact Joanne Greene at 509-335-9669, SRC Room 250, WSU.**

To register: Please fill in the boxes below, sign the waiver, and return this form to the SRC service counter.

Name:	Email:
WSU ID:	Phone:

