Family Flow Yoga w/ Kristin  
Item #12420  
Sundays 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.

Zumba, Youth w/ Sung (ages 12–18)  
Item #12510  
T TH May 7–June 17, 5:10–6:00 pm  
SRC 245  
$24 (SRC & Chinook Members) $68 (Non-Members)  
Lose yourself in the music and find yourself in shape at the original dance–fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Classes are structured to build dance foundations for newcomers who don’t have experience while also challenging and further developing seasoned dancers. Zumba, Youth invites youth ages 12–18 to join. Parents or guardians of youth between 12–14 will need to drop their youth off at 245 but do not need to be present in the class for youth to participate.

CrossFit Kids  
Item #12512  
T TH 4:00–4:40 pm  
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  
M W 4:00–4:50 pm  
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  
T TH 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  
M W 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 Girls  
Item #12517  
Tuesdays 4:00–4:40  
SRC 245  
$30 (Member) $50 (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.
Pink Gloves Boxing for Teen Girls
Item #12518
Thursdays 4:00–4:45 pm
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, 5:45–7:00 pm
$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.
Registration Form
For Parents or Guardians of Participants Under 18 Years of Age

ASSUMPTION OF RISK
I understand that there are risks in participating in recreational activities and educational workshops in UNIVERSITY RECREATION facilities, services and programs at Washington State University (WSU).

In consideration for and as a condition of being allowed to participate in this voluntary activity, I agree to take full responsibility for any and all risks that exist, including the risk of death or injury to my child or loss or damage to my property. I understand that there may be risks that WSU cannot predict or foresee, and I also assume full responsibility for those risks.

Risks in participating in University Recreation programs, services or facilities (including participating in supervised or unsupervised activities in or connected with the Student Recreation Center, WSU playfields, Smith Gym, Gibb Pool, Physical Education Building, Hollingbery Fieldhouse, Chinook Student Center, and Down Under Recreation Center), include, but are not limited to: risk of injuries including but not limited to temporary or permanent muscle soreness, sprains, strains, cuts, abrasions, bruises, ligament and/or cartilage damage, bone fractures and/or breaks, head, neck or spinal injuries, loss of use of arms and/or legs, eye damage, burns, emotional trauma, drowning, disfigurement, or death. I also recognize that there are both foreseeable and unforeseeable risks of injury or death that may occur as a result of traveling to or from University Recreation activities and facilities that cannot be specifically listed. Further, I recognize that the actions of other participants in the activity may cause harm or loss to my child or property.

RELEASE OF LIABILITY
I release, the state of Washington, the Regents of WSU, WSU, any subdivision or unit of WSU, its officers, employees, and agents, from any and all liability, claims, costs, expenses, injuries and/or losses to person or property, which I may sustain and/or sustain as a result of death or injury of my child, as a result of or connected with participation in the above event. My child’s participation includes, but is not limited to, travel to and from the event in a private or public vehicle, any activity connected with the event itself, use of state equipment or facilities for the event whether on or off WSU property, or the administration of emergency first aid and/or medical aid. I have carefully read this document, understand its contents and am fully informed about this program and circumstances. I am aware that this document is a contract with WSU and the program sponsors. I sign it freely and voluntarily.

DATED THIS _____ DAY of ____________________, 201__.

Name of Minor (Printed): ___________________________________ Minor Date of Birth ____________________

________________________________  ______________________________
Name of Parent or Guardian (Printed) Signature

Witness’s Name (Printed) Witness’s Signature

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 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 Jeff Elbracht or Joanne Greene at 509-335-8732, SRC Room 250, WSU.

Parent Email:

Parent Phone:  WSU ID (if applicable):

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