

Youth Strength & Agility Registration

Registration Begins: March 2



Where active lifestyles take shape

300 Jefferson Street
Waterloo, IA 50701
319.291.0165

Kids are the future! When it feels good to move your body, it's easier to do it! Our trainers want to help your kids become comfortable moving their bodies with a purpose! Get faster, quicker, and more explosive this summer! Our summer strength & agility program is designed to help athletes of all levels and backgrounds improve acceleration, top-end speed, change of direction, balance, coordination, and overall athletic performance. **Fitness is for everyone, so you do not have to be an athlete to enjoy moving like one!**

Grades 7-12 (grade completed)

Meets 8:00a-9:15am on Tues & Thurs

Price: \$60 / \$50 (Members)

This isn't camp. It isn't daycare. It's where athletes go to get faster and stronger than they've ever been before! Our summer strength and agility program is split into two days:

Tuesday (Speed and Agility in the Field House): Tuesdays will be designed to help you accelerate, change direction, compete, and sprint like never before! By the time your season rolls around you'll be running circles around the old you!

Thursday (Strength in the Power House): Thursdays will be designed to keep you injury free and stronger than ever. Sessions will be designed to teach correct form and increase overall strength and explosiveness.

Grades 4-6 (grade completed)

Meets 9:30a-10:30am on Tues & Thurs

Price: \$60 / \$50 (Members)

Get ready to have some fun while competing! This program will be designed to introduce skills like change of direction, acceleration, deceleration, and resistance training. Our summer strength and agility program is split into two days:

Tuesday (Speed and Agility in the Field House): Tuesdays will be designed to help you accelerate, change direction, compete, and sprint like never before! We want to help create the building blocks of everything you do in the future!

Thursday (Strength in the Power House): Strength training done incorrectly doesn't make you stronger, it makes you hurt. Our goal is to introduce kids to basic strength and teach them why strength training is important for both sports and overall health throughout their lives.

Grades 1-3 (grade completed)

Meets 10:30a-11:30am on Tues & Thurs

Price: \$40 / \$30 (Members)

For the first time ever, we're opening our strength and agility up to grades 1-3! We will have fun, but we're going to teach! Each day will be filled with skill building, structured workouts, and games designed to use the skills learned that day. Whether your child wants to hit dingers or dominate at tag in their backyard, we'll help them reach their goal!

Tuesday (Speed and Agility in the Field House): Tuesdays in the Field House will be designed to teach kids how to sprint, decelerate, jump, and change directions.

Thursday (Strength in the Power House): Thursdays are designed to keep you injury free and stronger than ever. Sessions will be designed to teach correct form and increase overall strength and explosiveness.

Registration:

Online registration is also available at : <https://cvsportsplex.org/athletics/youth>

Parent's/Guardian's Name	Email	
Address	City	Zip
Phone: Home	Cell	

CVSP is committed to inclusion. Does your child require any modifications to help him/her be successful?

Participant's Name (Last, First)	M/F	Birth Date	Current Age	Program	Fee
					\$
					\$
					\$

VISA MasterCard Discover Card # : _____ Exp. Date: _____ CW: _____

IMPORTANT INFORMATION: The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. *The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that participants could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease.* The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety. **WARNING OF RISK:** Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slip-ping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety. **WAVIER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:** Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided). As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including officers, officials, agents, volunteers, independent contractors, instructors, servants and employees. I further agree to indemnify and hold harmless and defend Waterloo Leisure Services and Cedar Valley SportsPlex staff to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's/ward's immediate care and I agree that I will be responsible for payment of any and all medical services rendered. **PHOTO POLICY:** The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs of people in the City of Waterloo parks. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television. **REFUND POLICY:** Refunds are issued in full if a class is full or cancelled by the Sports Department. Refunds for personal reasons must be submitted in writing. Approved refunds prior to the start date will be assessed a \$5 administration fee. Refunds may not be issued after the first week. Refunds approved after the first meeting will be charged a \$10 administrative fee. The Waterloo Leisure Services Department reserves the right to deny a request for a refund. If your request has been denied, you will be contacted by a staff member from the Leisure Services Department. All refunds will be mailed within three weeks. **If registering online, via phone or email, my facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and full understand the above important information, warning of risk, waiver and release of all claims and assumption of risk, permission to secure treatment and photo/video authorization.**

X _____

Signature of Parent, Guardian or Participant (Under 18)

Date

X _____

Print Name of Parent, Guardian or Participant (Under 18)

Date

FOR OFFICE USE ONLY
Amount _____