the YMCA

FOR YOUTH DEVELOPMENT®
**FOR HEALTHY LIVING**
FOR SOCIAL RESPONSIBILITY

# THE BANGOR REGION YMCA
# 100 X 100S WORKOUT

**February 2nd, 2020 • Cost: $10**

The Bangor Region YMCA will be hosting a 100 X 100s workout on Sunday, February 2nd, starting at 9:00am and will go until finished. Individuals are encouraged to come and do what they can if they do not think they can do the full 100.

## REGISTRATION FORM

First Name _____ Last Name _____ Date of Birth _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Email _____

### EMERGENCY CONTACT

Name _____ Phone Number _____

### WORKOUT

Interval that you desire to swim the 100s _____

### PAYMENT METHOD

❑ Visa ❑ MasterCard ❑ Discover ❑ AMEX

❑ Check Enclosed
(Make checks payable to Bangor Region YMCA)

Card Number _____

Expiration Date _____ 3-4 Digit Code _____

_____
Name as it appears on the card

Address _____

City _____ State _____ Zip _____

_____
Signature of Card Holder

### WAIVER

In consideration of gaining membership or being allowed to participate in the activities and programs of The Bangor Region YMCA and to use its facilities, equipment, and machinery in addition to the payment of any fees or charge, I do hereby waive, release, and forever discharge The Bangor Region YMCA and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damage resulting from my participation in any activities or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injuring or damage to myself, including those caused by negligent act or omission of any of those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities of The Bangor Region YMCA or the use of any equipment at The Bangor Region YMCA. I agree to adhere to all policies set by The Bangor Region YMCA as written in The Bangor Region YMCA code of conduct. I give permission to The Bangor Region YMCA to use photographs and or videos of myself and above listed family members for the promotion, public relations, records, or other legitimate purposes. I fully understand that there is no monetary payment to be made to me or anyone else.

The Bangor Region YMCA considers it of great importance to provide a safe and threat-free environment. For this reason, The Bangor Region YMCA monitors the sexual offender registry. Persons on the list will not be eligible for YMCA membership, program participation, volunteer or employment opportunities with this YMCA.

Signature _____

Date _____

**Online registration is available. For more info, email srich@bangorY.org.**

THE BANGOR REGION YMCA • 17 Second Street, Bangor ME 04401 • 207 941 2808 • BangorYMCA.org