



Thelma Ley Anderson Family YMCA

# Boot Camp

**FITNESS BOOT CAMP'S** goal is to provide an aerobic and conventional exercise program resulting in a desire to stay fit forever! Our plan is suited for men and women as well all fitness levels: beginner, intermediate and advanced. The drill instructors will be there to guide, motivate, encourage, and instruct participants to achieve their ultimate goals.

**FITNESS BOOT CAMP** has developed the ultimate 4 week workout program. Our program takes place outdoors and includes healthy nutritional information that guides participants to a more progressive and goal oriented program!

The **FITNESS BOOT CAMPS** program includes exercises such as:

- Cardiovascular Exercise
- Basic Military Style Training
- Plyometrics
- Flexibility Training
- Strength Training
- Agility Drills
- Balance Training
- Running, Jumping, Sit Ups, Push Ups
- Core Strength

Session Fees:

Facility Members: \$100

Program Members: \$150

Boot Camp must have a minimum of 8 people.



## **CURRENT CLASS DAYS AND TIMES NEW SESSION STARTS EACH MONTH**

### **AM Boot Camp**

Meets: Tues/Thurs 5:00-6:00am and Sat. 8:30-9:30am

### **PM Boot Camp**

Meets: Mon/Wed/Thu. 7:30-8:30pm

Participants must fill out a Waiver Form and bring it to the first session!

***ALL CLASSES MEET AT THE THELMA LEY ANDERSON FAMILY YMCA UNLESS OTHERWISE NOTED.***

For more information, contact Sean Robere at 281-585-3112 or [sean.robere@ymcahouston.org](mailto:sean.robere@ymcahouston.org).



We strive to turn no one away due to the inability to pay.

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**Mission: To put Judeo-Christian principles into practice through programs that build a healthy Spirit, Mind and Body for ALL.**



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## Information Packet

Congratulations! You just signed up for a 4 week experience that will push your Spirit, Mind and Body to limits you didn't know were possible. Boot Camp is open to participants age 15 and older. Children between the ages of 15-17 must be accompanied by a parent in order to attend Boot Camp. (Parent must participate in the program with the child).

Because of the mental and physical intensity of this program, it is important that you complete the following forms which are included in this packet:

1. Personal Information Sheet.
2. Informed Consent.
3. Conditions for Boot Camp.
4. PAR-Q (Physical Activity Readiness Questionnaire).

Please read, complete and sign these forms and bring them to the first day of class to turn in to your instructor. Participants will meet in the group exercise rooms the first day of class. All payments should be processed prior to the first day of class. It is also important the note that this program is completed outdoors. Please dress appropriately and bring water. If you have any other questions please contact:

Sean Robere, Program Director  
Sean.robere@ymcahouston.org  
281-585-3112

### **Boot Camp participants will need the following:**

1. Running clothing.
2. Good running shoes/cross trainers.
3. Water bottle.
4. Towel.

Keep this page for your records



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## Personal Information Sheet

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Why are you Joining the Boot Camp Program?

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How often do you currently exercise?

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What goals do you expect to accomplish from being in this program?

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Session Dates & Time: \_\_\_\_\_



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## Informed Consent for Exercise Participation in Boot Camp

I, \_\_\_\_\_ (Name of Participant) desire to engage voluntarily in the Thelma Ley Anderson Family YMCA Boot Camp program in order to attempt to improve my physical fitness. I understand that the activities are designed to place a gradually increasing workload on the cardio respiratory system and to thereby attempt to improve its function. The reaction of the cardio respiratory system to such activities can't be predicted with complete accuracy. There is risk of certain changes that might include abnormalities of blood pressure or heart rate. I also understand that the program is intense and is NOT an easy or moderate workout. The program is designed to push you to your physical and mental limits. I understand that the purpose of the exercise program is to develop and maintain cardio respiratory fitness, body composition, flexibility, and muscular strength and endurance. All exercise programs include warm-up, exercise, and cool-down. The programs may involve running, jumping jacks, push-ups, sit-ups, jumping rope, calisthenics, and strength training. All programs are designed to place a gradually increasing workload on the body in order to improve overall fitness. The rate of progression is regulated by exercise target heart rate and perceived effort of exercise. I understand that I am responsible for my monitoring my own condition throughout the exercise program and should any unusual symptoms occur, I will cease my participation and inform the instructor of the symptoms. In signing this consent form, I affirm that I have read this form in its entirety and that I understand the nature of the exercise program. I also affirm that my questions regarding the exercise program have been answered to my satisfaction.

In the event that a medical clearance must be obtained prior to my participation in the exercise program, I agree to consult my physician and obtain written permission from my physician prior to the commencement of any exercise program. Also, in consideration for being allowed to participate in the YMCA Boot Camp Program, I agree to hold harmless the YMCA and its staff conducting the exercise program from any and all claims, suits, losses, and related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or rising in any way from the exercise program.

\_\_\_\_\_  
(Signature of Participant or Parent if under age 18)

\_\_\_\_\_  
Date

**Please Print:**

Participant's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Name of Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

Limitations and Medications \_\_\_\_\_

Session Dates & Times: \_\_\_\_\_



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## Conditions for Boot Camp

By signing below, I am agreeing to the following terms of the Thelma Ley Anderson Family YMCA Boot Camp program:

- I agree to pay for the Boot Camp Session in full prior to the scheduled start date of the first class.
- I understand that in order for me to receive a refund for Boot Camp, I must fill out a Refund form at the Welcome Center Prior to the start date of the Boot Camp Session. Once the program has started, I understand that there are no refunds once I have started the program.
- I understand that the 5 Core Values of the YMCA of Greater Houston are Respect, Responsibility, Honesty, Caring and Faith. I will uphold these values in the Boot Camp Classes in regards to myself, my Boot Campers, and my instructor.
- I understand that if I have not disclosed known medical information about myself to my Boot Camp Instructor that it may affect my ability to exercise and that neither my Instructor nor the Thelma Ley Anderson Family YMCA will be held responsibly for injuries, illnesses, or negligence that occurs due to that lack of information. In signing below, I agree to the above conditions for the Thelma Ley Anderson Family YMCA Boot Camp Program as well as all other Policies at this facility.

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Session Dates

\_\_\_\_\_  
Emergency Contact

\_\_\_\_\_  
Phone Number



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## PAR-Q

Name: \_\_\_\_\_

Session Dates: \_\_\_\_\_

Regular physical activity is fun, healthy and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions below. **If you're between the ages of 15 and 69 years of age, and you are not very active, check with your doctor before you begin an exercise program.** Please read the questions carefully and answer each one, yes or no, honestly.

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you are not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs (for example, water pill) for your blood pressure or heart condition?
- Do you know of any other reason why you should not do physical activity?

### If you answered YES to one or more questions:

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want, as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk to your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which programs are safe and helpful for you.

### If you answered NO to all questions:

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active, begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal, this is an excellent way to determine your basic fitness level so that you can plan the best way for you to get active.

### Delay becoming MORE active:

- If you are not feeling well because of a temporary illness such as a cold or fever. Wait until you feel better
- Or
- If you are or may be pregnant. Talk to your doctor before you start becoming more active.

**Please Note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professionals. Ask whether you should change your physical activity plan.**



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