

2018 Biking/Running Bootcamp

Format: Deborah Blasing will be instructing this fun outdoor biking/running boot camp will help you to get in gear this summer or run for fun! Bring your own bike! Bike helmet is mandatory!

Ages: 14 and up

When: Wednesdays, July 11-August 29, 2018 (8 sessions)

Time: 6:00-7:00 pm

Where: Watertown Senior & Community Center Parking Lot

Fees: \$35.00/individual \$5/drop in

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.
Participant should communicate any special needs with instructor.



Watertown Parks & Recreation Department

2018 Biking/Running Bootcamp

Wed, July 11-Aug 29, 2018

Name _____ Age _____ M or F

Address _____ City _____

Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that I am medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case I am in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from my participation in this activity.

Signature of Participant/Guardian _____ Date _____



Fee Paid: \$35/individual \$5/drop in

