

LSRC Baseball Winter Workouts

\$30 for 7 Sessions

Get a jump on baseball season by working out at Martin Meylin Middle School using the indoor batting cage and following a pre-defined circuit of hitting drills.

- _____ Session 1 **Grade 3:** Fridays 7:00pm – 8:00pm
(1/9, 1/16, 1/23, 1/30, 2/6, 2/20, 2/27)
- _____ Session 2 **Grade 4:** Fridays 8:00pm to 9:00pm
(1/9, 1/16, 1/23, 1/30, 2/6, 2/20, 2/27)
- _____ Session 3 **Grades 7, 8, 9, 10:** Saturdays 6:00pm to 7:30pm
(1/10, 1/17, 1/24, 1/31, 2/7, 2/21, 2/28)
- _____ Session 4 **Grades 5 and 6:** Saturdays 7:30pm to 9:00pm
(1/10, 1/17, 1/24, 1/31, 2/7, 2/21, 2/28)

Dates are subject to change based on School Events

Student Name: _____

Emergency Contact: _____

Phone Number: _____

I understand the nature and the scope of the activity listed above and that there are risks and dangers associated with the activity. I understand that it is not the function of the Lampeter-Strasburg Recreation Commission, its employees, agents, operators, instructors, or volunteers to guarantee the safety of the participants with the respect to this activity for the safety of him/herself and the other participants. I also understand that it is the responsibility of the participant to provide him/herself with the accident or medical insurance. In consideration of participant being permitted to enroll in this activity, I hereby release indemnify and hold harmless the Lampeter-Strasburg volunteers from any and all claims, demands, costs, charges, and expenses for harm, injury, damage, or loss which may be sustained by me the participant as a result of or relating to participation in this activity. In witness whereof, I have executed this Liability Release as my own free act on this date.

Parent Signature: _____

Date: _____

Make checks payable to Lampeter-Strasburg Recreation Commission.

Return form to: LSRC

852 Village Road

PO Box 425

Lampeter, PA 17537

Fax: 717-464-5112

(Faxes must include credit card information)

Credit Card Name: _____

Credit Card Number: _____

Expiration Date: _____