Road Rules Ride

Attention All Des Moines Area Teens! Join us for a week long adventure of ROAD RULES RIDES on your bike.

The YMCA of Greater Des Moines in partner with the Northwest Des Moines Rotary Club & the Des Moines Bicycle Collective to offer a low-priced Teen Camp experience for one full week in July.

Teens will learn the rules of the road & bike safety & maintenance, while having fun in the sun & building positive healthy relationships with friends & positive Des Moines role models.

Don't miss this opportunity! Sign up in advance to reserve your spot today!

nvtech.com

YMCA OF GREATER DES MOINES

John R. Grubb YMCA
1611-11th St.
Des Moines, IA 50314

Sunni Zak-Program Director
515-246-0791
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YMCA OF GREATER DES MOINES

Teen Summer Bike Camp

We build Strong Kids, Strong Families & Strong Communities

Tel: 515-246-0791

THE ROAD MAP

Throughout the week we will ride our bikes around the Des Moines area on a variety of trails & to an array of hot spots & destinations, including, but not limited to:

- Inter-Urban Trial
- Gray's Lake
- Trestle to Trestle Trail
- Raccoon River Park

We will also be sure to stop throughout the day to eat lunch & grab snacks at local area parks &/or locations.

Before taking off each day we will be sure to check all bikes for safety & maintenance issues. We will require that each teen remembers his/her helmet & dresses appropriately for weather & riding alike daily.

In the case of rain, camp will remain in session. Please send a swim suit & towel with your teen daily, as we will plan to swim indoors on rain days.

Bike Camp Info

Who: Any Kid 10-14 yrs Old

When: Mon., July 12th-Fri. July 16th

Registration Deadline: Wed., July 7th

Bike Check Night: Wed. July 7th 5pm*

Where: John R. Grubb YMCA

Drop-off Care 7-9am

Pick-up Care 4-6pm

1611-11th St.

Des Moines, IA 50314

515-246-0791

Fee: $10/participant

Includes:

- AM & PM snacks & lunch
- Water bottles
- FREE **Helmet**

Bike Check Night

WEDNESDAY, JULY 7th @ 5pm

Upon registration for Bike Camp, **ALL** participants **MUST** attend *BIKE CHECK NIGHT* with their bike's & parent/guardian. This will be a FREE opportunity for you to bring your bike in no matter its condition & our staff & volunteers will upgrade & repair any maintenance issues your bike may have, from a new tire to lubricated chains, even missing pedals, etc. **NO WORRIES!** Your bike **MUST** be cleared on this night prior to Camp on Monday.

Teen Summer Bike Camp Registration

Name: _____

Address: _____

_____

Home: _____

Cell: _____

Emergency: _____

Parent/Guardian Name:

_____

Birth Date: ____/____/_____

Age: _____ Gender: M F

Parents: Please read this waiver and initial below to confirm you have read this.

In consideration of my participation in the activities of the YMCA of Greater Des Moines, I do hereby agree to hold free from any and all liability the YMCA of Greater Des Moines and its respective officers, employees and members and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may hereafter accrue to me arising our of or connected with my participation in and transportation related to the activities of the YMCA of Greater Des Moines.

Parent/Guardian Signature:

_____

Print:

_____

Date: _____

***Please return to John R. Grubb YMCA with $10 Fee-You will be asked to fill out an Emergency Card upon Registration.**