

# YouthFit



## Exercise & Healthy Living 4 Kids



Wilson Family YMCA  
3436 Airport Blvd.  
Wilson, NC 27896  
(252)-291-9622  
[www.wilsonymca.com](http://www.wilsonymca.com)

### YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

#### Participant's Agreement

I understand that even when every reasonable precaution is taken, accidents may occur. Therefore, in exchange for the YMCA allowing my child to participate in YMCA activities, I understand and expressly acknowledge that when he/she uses the Wilson Family YMCA facility or program, they do so at their own risk. I release the Wilson Family YMCA, its staff, directors, officers, and agents from all liability for any injury or damage connected in any way whatsoever to participation in YMCA activities, whether on or off YMCA premises. I understand that this release indicates, but is not limited to, any claims based on negligence, action, or inaction of the Wilson Family YMCA, its staff, directors, officers, members, agents, representatives, or guests. I authorize the staff of the Wilson Family YMCA, or appropriate medical personnel, to administer emergency medical treatment to my child or me. I also understand that I am solely responsible for all costs incurred as a result of such medical treatment. Furthermore I agree and grant permission to the Wilson Family YMCA to use photographs of my child or me in YMCA brochures, flyers, photo collections and other marketing initiatives. I have read, understand, and voluntarily signed this agreement.

Participant's name \_\_\_\_\_ Parents name: \_\_\_\_\_ Date \_\_\_\_\_

Parents signature

## ***What to expect:***

- 1) Exercises that will challenge your child by mixing strength, flexibility, balance, cardio endurance and lots of fun.
- 2) A workout that is FUN and that will bring your child's fitness ability to the next level.
- 3) Your child will feel awesome from head to toe! Their energy level will soar, their spirit and confidence will be recharged.
- 4) Emphasis on proper form, strengthening the core, preventing injury and working within ones' ability.
- 5) Monthly fitness assessments
- 6) Group meetings with a certified nutritionist.
- 7) A place to make new friends.

## ***Tips 4 Success:***

- 1) Bring water bottle.
- 2) Wear appropriate apparel that is comfortable.  
(Athletic shoes are required, no sandals or open toed shoes)
- 3) Bring a Positive Attitude!



## **To Register:**

Complete the form, sign the waiver on the back and turn into the front desk along with your payment.

Child name \_\_\_\_\_  
Parent name \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Their Phone \_\_\_\_\_  
Physician \_\_\_\_\_  
Phone \_\_\_\_\_

Please rate how fit your child is currently:

Extremely    Very    Moderately  
Somewhat    Not

Please place a check next to the class you are signing up for:

M-T-W 3:45-4:15 Ages 6-9 \_\_\_\_\_

M-T-W 4:15-5:00 Ages 10-12 \_\_\_\_\_

## **Dates and Registration Fees**

You may register month to month or the full semester.

August 25<sup>th</sup> – December 16<sup>th</sup>

### **Member rate:**

\$10/month or \$35/semester

(\$5 fee per month additional child with a \$20 max fee per month)

### **Non-member rate:**

\$20/month or \$75/semester

(\$10 fee per month additional child with a \$40 per month fee per month)

Holiday (No Classes)- Sept. 7<sup>th</sup> & Nov. 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>

