

# **YMCA**

## *Youth Fitness Certification Class*



***Monday, Wednesday  
and Thursday 5:45 pm  
or by appointment***



**J. Smith Young  
YMCA**

119 W. 3<sup>rd</sup> Ave.  
Lexington, NC 27292

[www.lexingtonymca.com](http://www.lexingtonymca.com)

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

If you would like to set up an appointment on a time or day not listed, contact Landon Gentle 249-2177 or [landon@lexingtonymca.com](mailto:landon@lexingtonymca.com)

Participant's Agreement

I understand that even when every reasonable precaution is taken, accidents may occur. Therefore, in exchange for the YMCA allowing me to participate in YMCA activities, I understand and expressly acknowledge that when I attend the J. Smith Young YMCA facility or program, I do so at my own risk. I release the J. Smith Young 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 J. Smith Young YMCA, its staff, directors, officers, members, agents, representatives, or guests. I authorize the staff of the J. Smith Young YMCA, or appropriate medical personnel, to administer emergency medical treatment to my child or myself. 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 J. Smith Young YMCA to use photographs of my child or myself in YMCA brochures, flyers, photo collections and other marketing initiatives. I have read, understand, and voluntarily signed this agreement.

Participant's name \_\_\_\_\_

Participant's signature \_\_\_\_\_

Date \_\_\_\_\_

## Objective:

The purpose of this program is to educate all youth, ages 8-15 on the basic fundamentals of physical fitness. Upon completion of the Youth Fitness Certification Class, youth members at the J. Smith Young YMCA will be allowed to use selected weight equipment and group fitness classes.



## What to expect:

- The benefits of strength training
- The components of physical fitness
- How to strengthen the major muscle groups
- Etiquette and rules of the fitness center
- Proper technique when using weights

## Why this class?

It is a prerequisite before training on any of the fitness equipment or taking a group fitness class. We want our youth to have a fun and safe experience at the YMCA.

## Registration Form

Name \_\_\_\_\_  
Age \_\_\_\_\_  
Birth date \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Zip \_\_\_\_\_  
Parent(s) Names \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Contact's # \_\_\_\_\_

What are 3 things you are want to learn about regarding fitness?

(Optional)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Classes are held every Monday, Wednesday and Thursday at 5:45 PM.

Please meet in the lobby by the pool or at the front desk at 5:40 PM.

Date you are attending: \_\_\_\_\_

**SIGN WAIVER ON BACK**