



SAFETY IS OUR #1

YMCA Youth Fitness Certification

This program is designed to educate youth, ages 9-15, 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 specified fitness machines, equipment and attend group fitness classes when accompanied by an adult.

What to expect:

- The class will last approximately 30 minutes
- The benefits of strength training
- How to strengthen the major muscle groups
- Etiquette and rules of the fitness center
- Proper technique when using weights

This course is a prerequisite for youth who want to use exercise equipment or take a group fitness class. We want our youth to have a fun and safe experience at the YMCA.

Participant's Agreement

Registration Information

Youth Name _____

Age _____

Birthdate _____

Address _____

City/State/Zip _____

Parent(s) Names _____

Phone _____

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. I understand that no refunds are given for special classes – a credit will be issued to my account.

Participant's name _____ Date _____

Participant's signature _____

Please turn in completed form at the Welcome Center and a Wellness Coach will contact you to set up an appointment.

For more information, please contact Dawn@lexingtonymca.com or Stephanie@lexingtonymca.com