

THIS PROGRAM IS FUNDED BY THE ANNUAL CAMPAIGN

Season runs August 15- December 12.

Classes are held on Monday 4-4:45pm.

(August 15 class will be held 3-3:45)

Participant's Agreement and Parent Waiver

I understand that even when every reasonable precaution is taken, accidents may occur. Therefore, in exchange for the Wilson Family YMCA (hereinafter referred to as "Y") allowing my child to participate in Y activities, I understand and expressly acknowledge that when he/she uses the Y facility or program, they do so at their own risk. I understand that the Y will make every effort to contact me in case of an emergency pertaining to my child. If I am unable to be reached, the Y will try to contact an alternate adult listed on the registration form. The Y has my permission to secure medical attention for my child in the event of an emergency. I release the Y, its staff, directors, officer and agents from all liability for any injury or damage connected in any way whatsoever to participation in Y activities, whether on or off Y premises. I understand that this release indicates, but is not limited to, any claims based on negligence, action, or inaction of the Y, its staff, directors, officers, members, agents, representatives or guests. I authorize the staff of the Y, 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 Y to use photographs or video of my child or me in Y brochures, flyers, photo collections and other marketing initiatives. I agree that only the adults on this form are allowed to remove my child from the Y program unless I notify the Y in writing. Under no circumstances will phone call authorizing child pickups be accepted at any time. I have read, understood and voluntarily signed this agreement.

SIGNATURE _____

DATE _____



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

GROW STRONG, HAVE FUN

FIT FRIENDS

Fall 2016

WILSON FAMILY YMCA



**3436 Airport Blvd
Wilson, NC 27896
252-291-9622
wilsonymca.org**

FIT FRIENDS

Fit Friends is a group exercise class for participants and their CAP staff person. The Y offers a wide variety of activities while providing a safe routine and physical outlet.

Benefits of Fit Friends:

- Builds self-esteem.
- Improves social interaction.
- Improves focus and function of daily living skills.
- Weight loss.
- Reduction of anxiety.
- Have fun while getting fit.
- Allows for release of positive and or negative energy resulting in productive output.

 SEASON August 15 – December 12

 Monday 4-4:45pm



FIT FRIENDS REGISTRATION FORM

Participant's name _____

Age _____ Date of Birth _____ Male _____ Female _____

YMCA Member? Y / N _____

Home address _____

City, State, Zip _____

Parent/Guardian _____ DOB _____

Home Phone _____

Cell _____

Email _____

Emergency Contacts (in addition to Parent/Guardian)

Name _____ Phone _____

Name _____ Phone _____

Physician _____ Phone _____

Allergies: Please list ALL known medication, food and other allergies.

Medications: List ALL medications being taken and ALL dietary restrictions.

 _____ **Has**

Participant had all of his/her required immunizations? Yes No

CAP STAFF PERSON

Name _____

YMCA Member? Y / N _____

Home address _____

City, State, Zip _____

Home Phone _____