



## Machine Weights-Wellness Center Training & Certification Ages 12-15

This course will cover everything from the YMCA's mission to learning about components of a workout, as well as all the major muscle groups of the body, and nutritional guidelines. Upon successful completion of test teens will be setup on Fitlinxx and allowed to use Wellness Center without direct supervision. Register at the welcome desk and setup your appointment today. Instructors: Daniel Olichwier & Whitney Duff. Cost \$25.

### Kirk Family YMCA

#### Participant's Information

Participant's Name: \_\_\_\_\_

What type of membership do you have?      Roanoke Valley Member \_\_\_\_\_      Non-Member \_\_\_\_\_

Email Address: \_\_\_\_\_      Age: \_\_\_\_\_      Birth Date \_\_\_ / \_\_\_ / \_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_      Cell Phone: (\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_      Relationship: \_\_\_\_\_      Phone #: (\_\_\_\_) \_\_\_\_\_

#### Program Information

Program Name: \_\_\_\_\_      Begin Date: \_\_\_ / \_\_\_ / \_\_\_

Day(s) of the week (circle)    M   T   W   TH   F   S   Su    Time of Day: \_\_\_\_\_    AM / PM

Signature: \_\_\_\_\_

#### For YMCA Staff Only

Registration Date: \_\_\_ / \_\_\_ / \_\_\_

Amount Paid: \$ \_\_\_\_\_    Receipt #: \_\_\_\_\_    Initials: \_\_\_\_\_