

# REGISTER HERE

Please Print Legibly.

Participant First & Last Name \_\_\_\_\_

D/O/B \_\_\_\_\_ Age \_\_\_\_\_

Gender (circle one) M F Unspecified

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

## Contact Person Information:

\*all communications will be sent to the following:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

D/O/B \_\_\_\_\_

I hereby consent to participate in this program and agree to release the Harrison Family YMCA, league volunteers and sponsors from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature \_\_\_\_\_

Date \_\_\_\_\_

HARRISON FAMILY YMCA  
1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622  
harrisonfamilyY.org



NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
ROCKY MOUNT, NC  
PERMIT NO. 290



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY BEGINS EARLY

## KidFit Program

### HARRISON FAMILY YMCA





## **KIDFIT PROGRAM**

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This program is for school-age children to be a part of! Kids will learn all about having a healthy spirit, mind, and body while having fun! Kids will play various games, try different sports, and learn all about healthy habits.

### **TRACKING IMPROVEMENTS**

Staff will be measuring the results of participants' fitness levels throughout the program as well to ensure success.

### **DEVELOPING CHARACTER**

All of our programs focus on developing the character traits of Honesty, Caring, Respect and Responsibility.

### **AGES**

6 - 12

### **WHEN**

January - May 2020  
Mondays & Thursdays  
6:30 - 8:00 p.m.

### **ACTIVITIES**

Rock Climbing Wall  
Dancing  
Achery  
Baseball/Mat Ball  
Kickball  
Relay Races  
Soccer  
Volleyball  
Dodgeball  
Basketball  
Racquetball  
Lacrosse  
Flag Football  
Walleyball

### **FEES & INFO**

\$25/Month

\$5/Daily Drop-In Option

- All participants under 11 must be signed in and out of program by parent/guardian.
- Participants must be checked into KidFit before 7:00 p.m.
- 15% of program fee will be non-refundable should the registration be cancelled by the participant.
- \$10 fee will be charged for returned payments.

### **WELCOME TO ALL**

Financial Assistance is available to those who apply and qualify. Annual Campaign Funds are raised by staff and volunteers each year to help provide this program to the community. Please ask for a financial assistance form at the front desk or download and print from our website.

