

REGISTER HERE

Please Print Legibly.

PARTICIPANT FIRST & LAST NAME

D/O/B _____ Age _____

Gender (check 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 Rocky Mount Family YMCA, Inc. 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



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD STRENGTH & CONFIDENCE

Teens in Training (TNT)

HARRISON FAMILY YMCA



TEENS IN TRAINING PROGRAM

Teens in training motivates youth in a non-competitive atmosphere to become their personal best. Participants in this program meet with an instructor and receive information on how to carry out a safe, effective exercise program. Instruction for healthy nutrition and proper use of cardio and strength equipment are included. Participants complete both a written and practical exam to be eligible for graduation.

TNT YOUTH POLICY

Following successful completion of this program, youth 10-12 years old may use the track, Precor weight area and cardio area with an adult 18+. Ages 13-14 may use the track, Precor weight area and cardio area without an adult for 2 hours. Ages 15+ may use all areas of the wellness floor for 2 hours.



AGES

10-14

FEE

\$10/participant

WHEN

This program is offered on Mondays, Wednesdays or Fridays in the evening time, after 4:00 p.m. You will schedule your specific time with the instructor after registration.



INFO TO KNOW

- 24 Hour cancellation notice is required.
- 15% of program fee will be non-refundable should the registration be cancelled by the participant
- \$10 fee will be charged for returned payments
- No food or drink is allowed in the program areas

SIGN IN & OUT POLICY

For all youth programs, ages 10 and under have to be signed in and out by an authorized parent/guardian. See program instructor for sign in/sign out procedures.

REGISTRATION

You may register by filling out the form in this brochure or online at harrisonfamilyY.org/programs

FINANCIAL ASSISTANCE

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.