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 partic agree to release the Rock Inc. from any claims that a suffered while participati grant permission to the Y or videography that are o program for future Y adve	y Mount may aris ing in the to use a btained	Family YMCA, e from injuries e program. I also iny photographs as part of this
Signature		
Data		





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

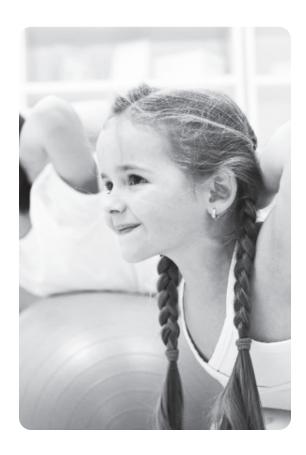
10-14

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 nonrefundable 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.