



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Health & Well Being

PERSONAL TRAINING

Personal Training

Members will receive one-on-one strength training, weight lifting and cardiovascular work with a personal trainer. The trainer will set up a personalized exercise plan to suit your needs. Sessions are available in 30 minute, 45 minute, or 60 minute options. Rates are listed on the back of this form.

Athletic Training

Our certified trainers work with athletes on sport-specific exercises, weight training, and strength and conditioning to better enhance their athletic potential. We focus primarily on form and safety in order to teach young athletes how exercises are properly done to avoid injury in the weight room and on the field/court. This option is available through either a one-on-one experience or with a small group. Athletic Training is available for volleyball, basketball, swimming, and running.

HEALTH HISTORY

Family Health History _____
 High Blood Pressure Yes / No
 Heart trouble/murmur Yes / No
 Disease of arteries/veins Yes / No
 Lung Disease Yes / No
 Asthma Yes / No
 Kidney Yes / No
 Hepatitis Yes / No
 Diabetes Yes / No
 Arthritis Yes / No
 Present Health History _____
 Chest Pain Yes / No
 Shortness of Breath Yes / No
 Heart Palpitations Yes / No
 Cough w/ exertion Yes / No
 Dizziness Yes / No
 Back Pain Yes / No
 Orthopedic Yes / No
 Obesity Yes / No
 Swelling Yes / No
 Bone or Joint problems Yes / No

If there is a heart condition/obesity/disease have you talked to a Doctor to be cleared for personal training? Yes / No

Currently prescribed drugs? _____

Any other reason to be concerned starting physical activity? _____

Check which option you are registering for below:

Please fill out the application and return to Business Desk. Please choose one type of training:

Personal Training: (circle one) - Member / Program Member
 Session Length: (circle one) - 30 min / 45 min / 60 min
 Amount of Sessions: (circle one) - 1 / 3 / 5 / 8 / 10

Athletic Training: (circle one) - Member / Program Member
 Amount of Sessions: (circle one) - 1 / 3 / 5 / 7

YMCA Health & Well Being

REGISTRATION FORM

Contact Information:

Name: _____ Date: ____/____/____

Address: _____

City: _____ State _____ Zip: _____

Cell / Phone _____

Birthdate: ____/____/____ Age _____ Gender (circle one) M F

Email _____

Emergency Contact: _____ Phone _____

Acknowledgement of Risk and Waiver

I, the undersigned, acknowledge the existence of and assume full responsibility for certain risks associated with this program which may cause damage to property or personal bodily injury or death to the participant. My signature on this waiver verifies that I will not hold the Grand Island YMCA liable or accountable for any injury to my self or my legal dependents while participating in this YMCA Program. PHOTO PERMISSION: I do hereby grant permission for pictures to be used in publicity or brochures related to the Grand Island YMCA. The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

Signature (Parent signature if under 18)

Date

PERSONAL & ATHLETIC TRAINING RATES

1 Person / 30 Minute Sessions

| Number of Sessions | Member | Program Member |
|--------------------|----------|----------------|
| 1 Session | \$25.00 | \$50.00 |
| 3 Sessions | \$60.00 | \$120.00 |
| 5 Sessions | \$100.00 | \$200.00 |
| 8 Sessions | \$160.00 | \$320.00 |
| 10 Sessions | \$200.00 | \$400.00 |

1 Person / 45 Minute Sessions

| Number of Sessions | Member | Program Member |
|--------------------|----------|----------------|
| 1 Session | \$35.00 | \$70.00 |
| 3 Sessions | \$84.00 | \$168.00 |
| 5 Sessions | \$140.00 | \$280.00 |
| 8 Sessions | \$224.00 | \$448.00 |
| 10 Sessions | \$280.00 | \$560.00 |

1 Person / 60 Minute Sessions

| Number of Sessions | Member | Program Member |
|--------------------|----------|----------------|
| 1 Session | \$45.00 | \$90.00 |
| 3 Sessions | \$108.00 | \$216.00 |
| 5 Sessions | \$180.00 | \$360.00 |
| 8 Sessions | \$288.00 | \$576.00 |
| 10 Sessions | \$360.00 | \$720.00 |

1 Person / Athletic Training / 45 Minutes

| Number of Sessions | Member | Program Member |
|--------------------|----------|----------------|
| 1 Session | \$35.00 | \$65.00 |
| 3 Sessions | \$84.00 | \$185.00 |
| 5 Sessions | \$140.00 | \$270.00 |
| 7 Sessions | \$196.00 | \$325.00 |

Small Group/Per Person Fee / Athletic Training

| Number of Sessions | Member | Program Member |
|--------------------|---------|----------------|
| 1 Session | \$15.00 | \$25.00 |
| 3 Sessions | \$45.00 | \$75.00 |
| 5 Sessions | \$62.50 | \$100.00 |
| 7 Sessions | \$70.00 | \$122.50 |