

Healthy Fit Club!

Program Registration Form

Healthy Fit Club will be held at the Bloomsburg Area YMCA from 9:30 - 11:00 AM every Saturday from February 9th to March 30th. This program is FREE for children in 1st - 5th grade!

REGISTRANT'S INFORMATION:

First Name: _____ **Last Name:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Phone:** (____) _____ - _____ **Gender:** M / F **DOB:** ____/____/____

Email: _____ **Member / Non-Member**

Municipality: _____ **County:** _____

Parent Name: _____ **Parent DOB:** ____/____/____

MEDICAL INFORMATION:

Health Issues: _____

Physician's Name: _____ **Physician's Phone:** (____) _____ - _____

Emergency Contact: _____ **Contact's Phone:** (____) _____ - _____

Relationship to Emergency Contact: _____

I/We understand that there is a risk of serious injury associated with the use of the YMCA facilities, participation in YMCA programs and use of exercise and other equipment. As a condition of my membership I agree to assume the risk of injury arising from my use of the facilities, programs, equipment, and for all other matters at all YMCA locations or programs whenever occurring. On behalf of myself and my heirs, administrators/agents/contractors are harmless from all such claims for injury and damage. I understand that I would not be permitted to participate in any YMCA program or use any YMCA facility or equipment without signing this agreement. I authorize the Bloomsburg Area YMCA or its designees, agencies and contractors to create have and use photographs, slides and videotapes containing my image for its record keeping or marketing/public relations programs.

Parent/Guardian Signature: _____



Childhood obesity affects over 17% of young people, and can lead to a variety of health concerns including high blood pressure and cholesterol, breathing and joint problems, and even cardiovascular disease and type 2 diabetes. These risks will only become more severe into adulthood. (Source: Center for Disease Control)



The Bloomsburg Area YMCA is dedicated to engaging kids in an active lifestyle that will keep them happy and healthy for years to come!

About Healthy Fit Club



Our free 8-week club will model the benefits of a healthy lifestyle while helping members form healthy habits through weekly activities and lessons!

Each session will include three components:



- **Physical Activity - a fun game to get you up and moving!**
- **Health Education - learn what makes being fit so fantastic!**
- **Nutritional Guidance - discover and create healthy, tasty snacks!**



Bloomsburg Area YMCA
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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY