



CLARION COUNTY YMCA

(814) 764-3400

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

15952 Rt. 322 Suite 1 Clarion, PA 16214

info@clarionymca.net

www.clarioncountyyymca.org

Intro to Fitness

Ages 12 - 18

- 10-week program focusing on getting teen-aged youth active & educated in physical fitness during the fall months
- Participants will be coached through workouts containing flexibility, strength, cardio, speed-agility-quickness & balance. Proper execution of all exercises will be taught by Duane Schmader, certified personal trainer and performance enhancement specialist through NASM
- Flexible program to help youth become more active & educated towards a healthier lifestyle and assist athletes with sport-specific training for better performance
- Program meets Mondays and Wednesdays 3:30 pm – 4:30 pm at the YMCA, beginning Sept 12th through Nov 16th
- Each session will include a warm-up, work-out, and stretching as well as general health & safe lifting techniques
- Evolving themes each week educating youth to design their own personal training program suited for their goals by end of program
- Teaches youth general gym etiquette and knowledge to be comfortable in all facets of the wellness center
- Members - \$60 for 10-week program: Pay in full or \$30 by Sept 12th and \$30 by Oct 17th
- Non-Members - \$120 for 10-week program: Pay in full or \$60 by Sept 12th and \$60 by Oct 17th

NO ONE WILL BE TURNED AWAY FOR FINANCIAL REASONS. CALL YMCA FOR CONFIDENTIAL PROCESS

REGISTRATION DEADLINE: Sept 9th

Name _____ D.O.B. ____/____/____ Sex ____ School _____

Street Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Parent/Guardian Name _____ Emergency Contact Person and Phone _____

Media Release – Please Circle Yes or No, & sign below

Do you give Clarion County YMCA permission to use, without limitation or obligation, photographs, film footage or tape recordings that may include yours or your family member's image(s) or voice(s) for purposes of promoting or interpreting YMCA programs? YES NO

Parent / Guardian Signature _____ Date _____

Fees: 10-week program: \$60 Members / \$120 Non-Members

Members: Pay in Full, or \$30 by Sept 12th and \$30 by Oct 17th

Non-Members: Pay in Full, or \$60 by Sept 12th and \$60 by Oct 17th

Checks Payable to: CLARION COUNTY YMCA



Mail To: CLARION COUNTY YMCA – Intro to Fitness 15952 Rt. 322 – Suite 1, Clarion, PA 16214

Register Online at <https://register.oilcityymca.org/ymca/search.php>