

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.clarioncountyymca.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-agilityquickness & 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 techniaues
- 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

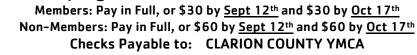
NO ONE WILL BE TURNED AWAY FOR FINANCIAL REASONS. CALL YMCA FOR CONFIDENTIAL PROCESS

REGISTRATION DEADLINE: Sept 9th

Name	D.О.В	/Sex School	
Street Address		City	Zip
Home Phone	Cell Phone	Email	
Parent/Guardian Name	Emergency Contact Person and Phone		
Media Release – Please Circle \	es or No, & sign below		
Do you give Clarion County YM	CA permission to use, wi	thout limitation or obligation, p	bhotographs, film footage or tape
recordings that may include yo	urs or your family memb	er's image(s) or voice(s) for pur	poses of promoting or interpreting
YMCA programs? YES NO	· ·		· · · · · ·
Parent / Guardian Signature		Date	

Parent / Guardian Signature







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