



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquatic Personal Training

Water Aerobic personal training sessions are suited for anyone looking to get a low impact workout. Great for physical therapy, arthritis, sports related injuries and calorie burning. The training includes six, thirty minute sessions scheduled at your convenience.

Ages

18 +

When

Schedule is at your request; 6 sessions, 20 minutes each

Where

Lancaster Family YMCA: City Branch Pool

Contact

Christina Donnelly@christina.donnelly@lancasterymca.org or (717) 393-9622 ext 113

Member

\$125.00

Non-Member

\$175.00

Additional Info:

Registration is located at the membership desk. Please complete the registration form located on the back of the flyer.

CITY Y

265 Harrisburg Ave. Lancaster, PA 17603

P 717-393-YMCA (9622) F 717-397-7815 www.lancasterymca.org



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LANCASTER FAMILY YMCA PERSONAL TRAINING REGISTRATION FORM

Times: Varies

Ages: 18+

Dates: Based on your schedule

Fee: \$125.00 member \$175.00 Potential Member

Contact: Christina Donnelly @ 717-393-9622 ext 113 or christina.donnelly@lancasterymca.org

Date: _____ Name: _____ Age: _____

Email: _____ Home Number: _____ Cell: _____

Street Address: _____

City: _____

State: _____ Zip Code: _____

Day of the week preference (please circle): M T W TH F S SU

Time of the day preference (please circle): MORNING AFTERNOON EVENING

What would you like to get out of the training? _____

Credit Refund Policy: Credit/Refunds of unused portion occur only when the Lancaster Family YMCA cancels a program, or if documented medical reasons prevent an individual's attendance. Programs canceled to rain, snow, flood, etc. will be made up, if possible, but participants may not receive credit. Credit/Refund applications must be filed prior to the end of the session. Credits are good for six months after application submission date. Unusual circumstances will be considered by the Department Heads, with final authority resting with the Executive Director. Prices and instructors are subject to change.

YMCA Release and Waiver of Liability: You have registered your child for a YMCA program that involves physical activity and completion of this form is required. This document is a release of claims, and by signing it you do the following:

1. Acknowledge that when performing any physical component of this program your child may suffer injury.
2. Present to the YMCA that your child is in good health and physical condition, sufficient to engage in such activities and that your child is not suffering from any condition that would prevent your child from engaging in such activities or that make your child's participation in such activities potentially dangerous or harmful to your child.
3. Assume the risk of, and release the YMCA and its associates harmless from, any liability for physical or other injury that has been suffered by your child during, or as a consequence of, participation in the physical activities required in the curriculum of this course and you agree that the YMCA, nor any other person involved in organizing or teaching in this program, shall have any liability or responsibility for any injury or harm.
4. I authorize the YMCA to photograph or video tape both myself and my child and understand that all photos and video footage are property of the YMCA and may be used for publicity purposes.

I have read, understand, and affirm that my child is in good health and physical condition and am signing this of my own free will. I Agree to all of the foregoing.

Participant Signature

Date