



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH WELLNESS ORIENTATION

**Ages 10-14 years old
OLIVE BRANCH FAMILY YMCA**

The Youth Wellness Orientation will introduce your child to the Wellness Center and inform them on how the YMCA fits into their goals of becoming a healthier person. This will be a onetime class with both a classroom portion and a Wellness Center portion incorporated into the curriculum. Flexibility and basic nutrition are also included into the curriculum. Participants will receive a wristband at the completion of this class that will allow the 10-12 age range to use the Wellness Center and Alpha Center (excludes free weight area) under the supervision of a parent/ guardian and 13-14 age range may workout independently. Participants must be the required age at time of registration. Maximum number per class is 12 participants. There is a minimum of 4 participants in order for a class to be held. Registration must be at least 1 business days prior to class date. All participants must wear attire appropriate for working out. Please no jeans or khaki shorts. Athletic shoes are required.

REGISTRATION BEGINS

Two weeks prior to class date and AVAILABLE ONLINE

FEE

Free with membership

WHEN

Tuesdays, 5:30pm- 7:30pm

Saturdays, 10:00am-12:00pm

Contact:

James Corrigan
Operations Director
jcorrigan@ymcamemphis.org

Olive Branch Family YMCA
8555 Goodman Road, Olive Branch
P: 662.890.9622 F: 662.890.9366

OFFICE USE ONLY

Receipt# _____ Amt Paid _____

Cash Check # _____ Credit # _____

Date ____/____/____ Staff _____

Participant Information

Name: _____ Age: _____ Date of Birth: _____

Parent/ Guardian name: _____

Home Phone: _____ Cell Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Emergency Contact: _____ Phone: _____

Special Requests: _____

Select Class Session: (check one)

June

____ Saturday, 2nd 10am- 12pm

____ Tuesday, 5th 5:30pm-7:30pm

____ Saturday, 9th 10am-12pm

____ Saturday, 16th 10am-12pm

____ Tuesday, 19th 5:30pm-7:30pm

____ Saturday, 23rd 10am-12pm

____ Saturday, 30th 10am-12pm

July

____ Saturday, 7th 10am-12pm

____ Tuesday, 10th 5:30pm-7:30pm

____ Saturday, 14th 10am-12pm

____ Saturday, 21st 10am-12pm

____ Tuesday, 24th 5:30pm-7:30pm

____ Saturday, 28th 10am-12pm

WAIVER The YMCA of Memphis and the Mid-South will not assume responsibility for any injury incurred while participating in any athletic event, sports program, or any physically related activity. Nor will the YMCA of Memphis and the Mid-South be liable for lost or stolen items while program participants are using YMCA facilities or are on the YMCA premises. I, the undersigned for myself, my heirs and assigns do hereby release the YMCA of Memphis and the Mid-South, it's employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation. I also assume full responsibility for removing myself from any media opportunities that I do not wish to participate in. I also agree to adhere to the YMCA Code of Conduct. **PLEASE NOTE:** NO REFUNDS AFTER 30 DAYS OF PURCHASE OR AFTER FIRST SESSION, WHICHEVER COMES FIRST.

Signature: _____ Date: _____