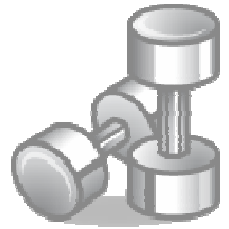


Tween Fitness Time



Beginning November 18th, the Fort Meigs YMCA will be offering Fitness Time for tweens in Fitness Center 2 on Tuesday, Thursday and Friday between the hours of 3:00—5:00pm. Teens must take a Fitness Center Orientation *before* they may use Fitness Center 2. Fitness Center Orientations will be held every Tuesday. During the orientation, a Fitness Coach will evaluate each tween and will be given instruction on what equipment they should and should not use. Our goal is to have a safe working environment for all tweens involved.

**Tween Time in Fitness Center 2:
Tuesday, Thursday and Friday**

Grades 6—8 hours: 3:00—5:00pm
Grades 4—5 hours: 4:00—5:00pm



PLEASE COMPLETE AND DETACH THE BOTTOM PORTION OF THIS
FORM AND BRING WITH YOU TO YOUR EQUIPMENT ORIENTATION

Fort Meigs YMCA Center for Health Promotion · 13415 Eckel Junction Road · Perrysburg, Ohio 43551 · 419.251.9622

The child participating in this program is in normal health and capable of participating safely in the YMCA Tween Fitness Program. The YMCA of Greater Toledo will not assume responsibility for any injury incurred while participating in this program. Nor will the YMCA of Greater Toledo be liable for lost or stolen items while members or program participants are using the YMCA facility.

Signature: _____

Date: _____

Child's Name: _____

Parent's Name: _____

Address: _____

Phone Number: _____

Child's Age: _____

Emergency Contact & Phone Number: _____

