



GET EDUCATED - GET CERTIFIED - GET FIT!

Youth Fitness Certification

Available for Youth ages 12 - 16

Participants Name _____

Age ____ Date of Birth _____ Sex _____ T-shirt size _____

Parent/Guardian Name _____

Address _____

Home/Cell Phone _____ Work Phone _____

HEALTH HISTORY

Current Fitness Level (circle one) _____ Height _____

Beginner Intermediate Advanced _____ Weight _____

Please list any medications, allergies, injuries or special needs below:

Certification Program Fee: \$30 YMCA Members
\$45 Non YMCA members

Parent/Guardian Signature _____