

# YMCA YOUTH FITNESS AND SPORTS TRAINING



Unlimited monthly fitness training for kids of any sport age 8-18. Unlimited monthly sessions Monday through Thursday. All sessions will take place at the Wheeling YMCA. These sessions will be targeted to improve your child's speed, agility and flexibility. Workouts will include sessions in our new youth training room, fitness center, gyms, field and resistance workouts in the pool.

**\$200 for training from May 28 through August 15**

**MWF 10-2PM & 4-6PM**

**T&TH 10-12PM & 2-4PM**

**Our lead trainer, Mikale Roby, was a 1<sup>st</sup> team all-state football and basketball player at Martin's Ferry High School. He went on to become the all-time leading scorer in Men's Basketball at Ohio University Eastern. Mikale has spent the last ten years improving the skills of local athletes in the valley.**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

In submitting this entry I for myself, my heirs, and administrators waive and release all rights and claims for damages I may have against the Wheeling YMCA and all its sponsors for any injury suffered by my child in this activity. I attest and verify that I have full knowledge of the risks involved in this activity.

Paid: \_\_\_\_\_ Date: \_\_\_\_\_ Clerk: \_\_\_\_\_ Receipt#: \_\_\_\_\_

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## HOW TO USE SQUARE APPOINTMENT:

- This App is used to set up training times for the Youth Fitness and Sports Training Program.
- All appointments must be made by 9AM the day before your appointment
- Download the Square Appointments App from the App store
- The username is: [Mikaleroby@yahoo.com](mailto:Mikaleroby@yahoo.com)
- The password is: ymca1234