

YMCA YOUTH FITNESS AND SPORTS TRAINING

Summer Special June 4 – July 4

\$75

Monday and Tuesday: 1-7PM

Wednesday and Thursday: 10-1; 4-7PM

ALL APPOINTMENTS MUST BE MADE BY 9PM THE DAY BEFORE YOUR APPOINTMENT



Unlimited monthly fitness training for kids of any sport age 8-18, 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, and field.

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#: _____

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
- The password is: ymca1234