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# East Liverpool Area YMCA

We build strong kids,  
strong families,  
strong communities.

Serving the Tri-State and surrounding communities for over one hundred years.

## Teen Strength Certification

The Teen Strength Certification program is designed to introduce teenagers, ages 12-15, to basic strength training principles and techniques. This program will emphasize the importance of strength training as part of a healthy lifestyle, focus on exercise safety, and promote a positive self-image. Participants will learn to properly use the equipment located in the YMCA's Wellness Center and Cardio-Strength Center. Upon successful completion of this program, participants will be certified to use the aforementioned YMCA facilities with supervision during designated times.

**Age:** 12-15 years

**Fee:** Free for YMCA Members

**Schedule:** Tuesdays and Thursdays, 7:00 pm – 8:00 pm

**Please Note:**

This form must be received at least two (2) days prior to attending the program. All sessions are held at the Downtown facility. Participants must complete four (4) sessions and score 80% or higher on the written exam.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ PAID?: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE#: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE#: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

MEDICAL RESTRICTIONS: \_\_\_\_\_

**INFORMATION CONSENT & RELEASE STATEMENT**

"In consideration of my participation in the activities of the Young Men's Christian Association - East Liverpool Area, I do hereby declare myself to be medically able to participate in the activities of the YMCA - East Liverpool Area. (I understand that there are risks involved in all physical activities and I agree to familiarize myself with all equipment, facilities, rules and physical demands related to the activities I undertake). I agree to hold free from any and all liability the YMCA - East Liverpool Area and its respective officers, employees, members, volunteers, and sponsors and do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of or connected with my participation in any of the activities of the YMCA - East Liverpool Area."

\_\_\_\_\_  
Parent / Guardian Signature