

# REGISTER HERE

PLEASE PRINT LEGIBLY.

PARTICIPANT FIRST & LAST NAME

\_\_\_\_\_

D/O/B \_\_\_\_\_ AGE \_\_\_\_\_

Gender (Check one)  Male  Female  Unspecified

Address \_\_\_\_\_

State \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

## Contact Person Information:

\*all communications will be sent to the following:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

D/O/B \_\_\_\_\_

I hereby consent to participate in this program and agree to release the Foundation YMCA, Inc. from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature

\_\_\_\_\_

Date

\_\_\_\_\_



FOR MORE INFORMATION  
PLEASE CONTACT

**Junior Brinkley**  
**[jbrinkley@wilsonymca.org](mailto:jbrinkley@wilsonymca.org)**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BUILD STRENGTH  
& CONFIDENCE**

**Teens in Training (TNT)**

**FOUNDATION YMCA**



**FOUNDATION YMCA**  
**233 NASH STREET N**  
**WILSON NC, 27893**  
**252-291-9622**

# TEENS IN TRAINING PROGRAM

Teens in training motivates youth in a non-competitive atmosphere to become their personal best. Participants in this program meet with an instructor and receive information on how to carry out a safe, effective exercise program. Instruction for proper use of cardio and strength equipment are included.

## TNT YOUTH POLICY

Following successful completion of this program, youth 10-12 years old may use the track and Fitwise weight area and cardio area with an adult 18+. Ages 13-14 may use the track, Life Fitness Insignia, Fitwise weight area, and cardio area with an adult in the building for 2 hours. However; children ages 10-14 will not be allowed to be on the wellness floor without an adult in the building. Ages 15+ may use all areas of the wellness floor for 2 hours. Appropriate behavior and wearing provided wristband is expected at all times. Youth must wear all wristbands provided by staff at all times. Appropriate behavior is expected of everyone in the facility.

## AGES 10-14

### WHEN

Our TNT program is offered on Saturday mornings at 8:30am. Please call or stop by our front desk to select a date for your child's TNT Training.

Please arrive on time and meet in the front lobby with your child on your selected date for training. \*Limit 6 children per session\*

### FOR STAFF USE ONLY

TNT Student Name: \_\_\_\_\_

Completed Course: Yes No

Date of Completion: \_\_\_\_\_

Staff Initials: \_\_\_\_\_

# YOUTH FITNESS OPPORTUNITIES

## LEVEL UP YOUTH GROUP CLASS

Join us on Saturdays at 9:30 on Basketball Court B for our Youth Fitness Class! Our goal is to help the Y-Kids grow their skill development by providing attainable fitness goals, using age appropriate and fun athletic activities!

