



Thank you for participating in the **BODYROCK Membership Program** for Junior and Senior High Schoolers at the Wilkes-Barre Family YMCA! The cost to participate for the school year \$10 per month, the membership will expire one month from the day you sign up. This can also be paid up front. Your teen membership starts immediately upon registration (please see Teen Membership Policy pg 2) Your BODYROCK membership includes an optional after school program including activities and free snack which runs Monday-Thursday 3:30-5:30 PM October 3, 2011 through May 31, 2012. Please fill out the following information and return this form with your payment to:

**Wilkes-Barre Family YMCA
40 W. Northampton St.
Wilkes-Barre, PA 18701**

PARTICIPANT'S NAME: _____

SCHOOL DISTRICT: _____

SCHOOL BUILDING: _____

Please circle: SEX: M F GRADE: 7 8 9 10 11 12

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ HOME PHONE _____

EMERGENCY CONTACT _____

RELATION _____ CONTACT PHONE _____

Has your child ever had any of the following conditions? If yes, please explain.

- | | | |
|------------------------------|----|-----|
| Heart problems | no | yes |
| High blood pressure | no | yes |
| Diabetes or high blood sugar | no | yes |
| Breathing problems (asthma) | no | yes |
| Bone injuries (broken?) | no | yes |
| Muscle/tendon injuries | no | yes |
| Surgery | no | yes |
| Major illness | no | yes |

Are there any additional conditions not noted above that may affect your child's safe participation in an exercise program? If yes please explain below.

Please describe the type of physical activity in which your child regularly participates. (For example, little league baseball, swim program, dance class etc.)

Activity _____

How many times per week? _____

Please list any allergies that your child has. (Please be SPECIFIC in your answer.)

***Please call (570) 823-2191 ext 125 with any questions**

Memberships for Teens Under the Age of 18 **Teen Membership Policies**

All teenagers from 12 to 17 years of age that sign up for a membership must have an orientation on the exercise equipment before having access to the Wellness Center. All teens need to understand how to use the equipment correctly; not only to prevent injury, but also to keep the equipment operation correct. After the orientation takes place, then and only then will the teen have access onto the Wellness Center and basement.

After Teens 12-15 have gone through an orientation, they must be accompanied by a parent or adult guardian in the fitness center.

Teenagers should know and understand the Wilkes-Barre Family YMCA Wellness Rules & Policies:

- See a fitness staff member to schedule your free initial fitness center evaluation and orientation
- Teens 12-17 must complete a fitness center orientation
- Teens 12-15 must be accompanied by a parent or adult guardian in the fitness center and must complete an orientation.
- Teens ages 16-17 may exercise without a parent or guardian, after the orientation
- Teenagers can not bring friends in who do not have memberships
- All weights should be placed back after use
- Spotters should be used for all free weight exercises
- All equipment should be wiped down after each use
- Shoes and shirts must be worn at all times, no exceptions (No sandals or flip-flops)
- Personal belongings should be kept in the locker room or on the coat/key rack in the fitness center. The Wilkes-Barre Family YMCA is not responsible for any lost or stolen items.
- Water bottles are permitted, however food or other drinks of any kind (including protein drinks) are not permitted
- Use of chalk in the weight room is not permitted
- The Wilkes-Barre Family YMCA is a family oriented organization and we ask that you refrain from using profanity or other inappropriate behavior

Teenagers, who violate any rules of the Wellness Center, will quickly lose their privileges to the wellness Center and possibly to the entire YMCA.

If you have any questions concerning this procedure, please contact the Wellness Director at extension 222.

YMCA Services Corporation
MEMBER/CHILDREN
RELEASE and WAIVER of LIABILITY and INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HERBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children is in, upon or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.

2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.

3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

I HAVE READ AND UNDERSTAND THIS DOCUMENT AND RELEASE

Date: _____

Signature of Applicant/Parent: _____

Signature of other Adult: _____

Name of Child in Program: _____

Name of Child in Program: _____

Name of Child in Program: _____

Y-USA PHOTO RELEASE

In exchange for good and valuable consideration, the adequacy of which is hereby acknowledged, I hereby give YMCA of the USA, its legal representatives, successors, and assigns, or those for whom it is acting, and all persons and corporations acting with its permission or upon its authority the absolute right and permission to take, copyright, use, and publish photographs in any and all media, of or concerning (Please print your name) _____, in whole, in part, or in composite, for purposes of YMCA art, advertising, education, or promotion, or for any other purpose consistent with the YMCA mission.

I agree that the photograph becomes the exclusive property of YMCA of the USA and I waive all rights thereto. I waive all rights to inspect and/ or approve any printed matter that may be used in conjunction with the photograph and the use to which it may be applied.

I represent that I am over the age of eighteen (18) years and that I have read the foregoing and fully understand its contents. This release shall be binding upon me, my heirs, legal representatives, and assigns.

No modifications of this agreement shall be of any effect unless it is made in writing and signed by all of the parties in the agreement.

Date

Signature (*if minor child,
parent or guardian signs*)

YMCA Name

FOR FRONT DESK USE:

Received payment on ____/____/____ for \$____.

Circle: CHECK CASH CARD

Staff Member _____