

## YOUTH FITNESS CLASSES

Itasca County Family YMCA is providing youth fitness classes for ages 8-13 years old at no cost to YMCA members. The youth classes offer movement in a safe, supervised environment. Classes will be non-competitive and encouraging all to participate and do their best. In order to continue to provide a safe, healthy fitness classes we need to have contact information and signed Code of Conduct information for all youth ages 8-13 to participate.

Youth Name (please print):

\_\_\_\_\_

Birth date: \_\_\_\_\_ 2018-19 grade level: \_\_\_\_\_

Parents/Guardian Name (please print):

\_\_\_\_\_

Parent contact information:

Email:

Address:

\_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

*Youth Fitness Class Code of Conduct – both youth and parents must sign:*

- When I participate in Y fitness classes I will do my best.
- I will follow all the rules of the Studio and Instructors.
- I will not enter a studio until the instructor is ready for class.
- I understand that safety is very important and equipment will only be used properly as directed by the instructor.
- No rough housing or wrestling is allowed during fitness classes.
- I will show respect to all people in the Youth fitness classes, all staff and volunteers at the YMCA.
- I will not loiter in the hallways or on the Y property.
- I understand that Y staff does not supervise and is not responsible if I leave the youth class.
- I will not smoke, drink alcoholic beverages, or use any illegal drugs or be in possession of any of these items on Y property.
- I will not fight on Y property.
- I will use respectful language and not use foul language at the Y.

- I will not engage in public displays of affection at the Y.
- I understand if I do not follow the rules and Code of Conduct, there will be consequences which may include but are not limited to: asked to leave the class for the day, parents called, suspension from YMCA ranging from one week – long term, or police involvement.

Youth Signature:

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Parent/Guardian Signature:

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*Please complete and sign this form before attending the YMCA Youth Fitness Class.*

Photo Release:

I, (print name)

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The parent of, (print name)

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Give permission to the YMCA to take pictures and/or videos of my child or to record their voices for publicity purposes.

Things to consider:

- The photos may be used in the following ways:
  - Posted around the YMCA
  - In promotional materials that market the YMCA

Signature of Parent or Guardian:

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