



Pocono Family YMCA

KidsFit

Join us at the Pocono Family YMCA for our new KidsFit Fitness class! Keep kids active while strengthening muscles and balance. This class will incorporate coordination skills as well as encourage physical fitness, all while having fun!

Held Mondays from 5-6pm in the Basketball Gym

Ages 5-12

Cost: 1 time fee of \$20 members/ \$25 non-members until June. Please be sure to register each month to reserve your child's spot for that month.

Participant's Name: _____ Birthday: _____

Address: _____ City/State/Zip: _____

Phone: _____ Email: _____

I assume all risks and hazards incidental to the conduct of program activities and transportation to and from the activities. I hereby release, absolve, indemnified and hold harmless the Pocono Family YMCA, administrators, supervisors, instructors, or anyone else involved. In case of injury to my child I hereby waive all claims against the Pocono Family YMCA, instructors or anyone else involved. The YMCA has secondary insurance only.

Signature: _____ Date: _____

Pocono Family YMCA

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Website: www.poconoyymca.org



For Office Use

Reg Fee: Ck \$ _____ Cash \$ _____ CC\$ _____

MSA _____ Date _____ Rec# _____