



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY FIRST GYM CLASS

Coed Toddler Gym & Movement Classes

8 Weeks

PAULA G. MANSHIP YMCA



Busy Bodies is a child's first gym class. It emphasizes on large motor groups. After a short song and stretch time, children burn energy with age appropriate activities that have an emphasis on basic gymnastics and movement skills. Our instructor gives positive, caring instruction in the physical skills as well as encouraging children to develop cognitive and social skills. The program activities allow children to develop coordination, balance, flexibility and body awareness, all in a fun and safe environment.

WHEN: MONDAY & WEDNESDAY, JANUARY 15-MARCH 14
TIME: 9:15AM- 9:45AM
AGES: 2-5YRS OLD
FEE: \$80 Members & \$110 Program Participants

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

HOME PHONE: _____ DOB: _____

SPECIAL NEEDS: _____

The YMCA of the Capital Area does not provide accident or medical insurance for program participants. I recognize that participation in YMCA sponsored activities may expose my child to risk of injury. I agree to hold the YMCA harmless from any claims, which may occur through participation in any activity at the YMCA or in its programs. In cases of emergency or accident and I am unable to be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for my child to an appropriate facility for treatment. As a YMCA participant, I authorize the YMCA to use any images taken of my child for promotional purposes of the YMCA. I have read and understand the above information. My child has permission to participate in this YMCA sponsored Youth Program in accordance with the conditions set forth above.

Signature: _____ Date _____
Signature of Parent or Guardian