



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Jr. Trainers

Jr. Trainers is a class to help educate youth and teens ages 10-14. Participants will meet with a Personal Trainer to learn the fundamentals of cardio training, machine introduction and gym etiquette. Youth that successfully complete this program are granted permission to utilize the cardio equipment and selectorized weight machines in the Wellness Center.

**\*Parents are required to sign guidelines prior to class start.**

\*Youth between the ages of 10-14 are allowed in the free weight area ONLY with an adult present as their personal trainer.

## SESSION DATES

1<sup>st</sup> Thursday of the month and 3<sup>rd</sup> Saturday of the month

Jr. Trainer sessions can be set up as a one-on-one appointment with a Personal Trainer. See Member Service Desk for appointment availability.

## COST

One-time \$25 fee

## CONTACT

Sara Hasenfuss, Health & Wellness Director  
SHasenfuss@metroymca.org

## ADDITIONAL INFO:

Youth and teen members should arrive to the appointment appropriately dressed with closed toe shoes on. Completion of orientation class is required for participation in the wellness center. Upon completion of class, each youth or teen member will be required to wear a trainer band provided by front desk when working out in the wellness center. Youth will pick up band when arriving at the Y and leave it at front desk before leaving. Class has a maximum participation of 8 participants.



## ARMBRUST YMCA

5404 S. 168 Street, Omaha, NE 68135  
402.896.4200 [armbrust.metroymca.org](http://armbrust.metroymca.org)



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YMCA Registration Form  
Jr. Trainer Program  
(Fill out completely – please PRINT)

Youth's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_ Member# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender \_\_\_\_\_

Cell Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Optional Strong Communities Campaign Donation:

\_\_\_\_ \$5 \_\_\_\_ \$10 \_\_\_\_ \$15 \_\_\_\_ \$20 \_\_\_\_ \$25 \_\_\_\_ Other

The YMCA of Greater Omaha will not assume responsibility for any injury incurred while participating in any athletic events, childcare programs, parent/child & outings, special events, sports programs or any related YMCA sponsored activities. Certain risks of injury are inherent during participation in these programs and events. Nor will the YMCA be responsible for any lost or stolen items while members and/or program participants are using YMCA facilities, on YMCA premises or off-site YMCA program locations. I understand for myself and my heirs, do hereby release the YMCA and its employees and agents from any and all claims for injury, loss or damage I may suffer as a result of my participation, including any injury caused by the negligence, if any, of the YMCA, its officers, employees, agents, volunteers or the negligence of anyone else. I give my permission to the YMCA to use photographs, film footage, or tape recordings, which may include my image or voice for purposes of promoting or interpreting YMCA programs for no compensation.

Parent/Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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Internal Use: Receipt \_\_\_\_\_ Initials \_\_\_\_\_ Class Date: \_\_\_\_\_

Please place in Sara's box once completed