



YOUTH & TEEN Fitness Certification

The Gordon Jewish Community Center recognizes that youth and teens are uniquely positioned to develop lifelong habits that can either help them, or hurt them. Living and leading a healthy lifestyle includes being involved in physical activity. This certification program is for members ages 10 to 13 to help them safely utilize equipment, better understand the benefits of cardiovascular, strength, and flexibility training, and properly utilize the fitness center.

In this free program, members ages 10 to 13 obtain knowledge and practical experience under the guidance of certified personal trainers. Successful completion of the program will allow them to work out in the fitness center on selected equipment without the supervision of their parent or guardian.

It includes a program manual, lecture and discussion, demonstration, and hands-on experience. Participants must pass a written test and a practical proficiency test in order to obtain certification. A certification badge will be presented upon successful completion and must be worn anytime the participant is working out in the fitness center.

The class is offered quarterly, and is up to 3 hours depending on number of participants.

Date, time and registration information on back.



This class will be held the third Sunday afternoon of each month offered. Class is scheduled from 1 to 4pm although it may not take the full 3 hours, depending on class size. Class is limited to six participants at a time. If needed, additional classes may be added on other dates. Parents may also request a private session with payment of \$35. Participants should review the program manual prior to attending class. All participants MUST register in advance and MUST complete this form and submit at, or prior to class. Registration should be made to Harriet Shirley, Fitness & Wellness Director by email (harriet@nashvillejcc.org) or by phone (615.354.1649).

REGISTRATION IS NOT COMPLETE UNTIL CONFIRMATION IS PROVIDED VIA EMAIL.

Select class date desired:

February 19 _____

May 21 _____

August 20 _____

November 19 _____

Participant Name: _____ Date of Birth _____ Age _____

Parent(s) Name(s): _____

Home Address: _____

Email Address: _____

Home Phone: _____ Cell Phone1: _____ Cell Phone2: _____

Emergency Contact Name: _____ Phone: _____

Does participant have any health conditions or physical limitations? (please circle) YES NO

If Yes, please explain: _____

Is there any additional information you feel we need to be aware of? _____

I certify that, except for as noted above, there is no health or physical condition or limitations that would impact my child participating in the Youth and Teen Fitness Certification program. I agree to obtain a medical clearance from my child's physician should it be required by the GJCC Fitness & Wellness Director based on information disclosed. I agree that my child will follow the instructions of the trainer and all rules of the fitness center, and understand that if he/she is engaging in inappropriate behavior or violating rules, he/she may be dismissed from the program and prohibited from use of the fitness center. Participation in any GJ CC activities and use of recreational facilities involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the GJCC, I/we as an individual and as a parent/guardian of the participants named above, assume all risks and hazards incidental to the activities and release from responsibility and agree to indemnify and hold harmless the GJCC, its officers, directors, independent contractors, volunteers, and all employees for any illness or injury to my children or family members occurring during participation in any activities at the GJCC or independent contractors for the GJCC.

Parent Signature

Date