



# FREE HIGH SCHOOL MEMBERSHIPS



## Summer Break (June, July, August 2024)

- No Joiner's Fee!
- Shiawassee County (and surrounding area) residents with valid student ID
- Must bring a parent in to sign up unless 18
- Must complete orientation in order to use weights and pin cable machines. See desk for orientation times.
- No guest passes given during free months
- Watch for more information about great opportunities to get certified, get involved, get inspired, get fit and get together!
- Offer good at Shiawassee Family YMCA only
- Grades 9-12 only

Ready to start now?

High School students may extend their membership for \$10/month. This fee may be paid in cash at any point during the month to reactivate until the current month ends. See desk for additional details.

SHIAWASSEE FAMILY YMCA

515 W. Main St., Owosso | 989-725-8136 | [shiawasseeymca.org](http://shiawasseeymca.org) | [info@shiawasseeymca.org](mailto:info@shiawasseeymca.org)

# HIGH SCHOOL MEMBERSHIP



STUDENT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

## RULES & REGULATIONS

- Youth ages 13-14 may use free weight and pin cable equipment after completing an orientation and while accompanied by an adult.
- Every student (13-17) must attend an introduction/orientation to the weight room and pin cable equipment. \*Parents may sign off on this if their child already has experience with this equipment and they are willing to accept full responsibility.
- The locker room is NOT available to high school students here on a High School Membership.
- Daily lockers located on the first floor may be used to store personal items.
  - Please check out a lock at the front desk.
  - The Shiawassee Family YMCA is not responsible for lost or stolen items while members/guests are in the facility.
- Students who have attended orientation (or whose parents have signed off on this requirement) must wear a wristband while in the fitness center.
  - Wristbands are available at the desk to pick up when you check in each day.
  - Return wristbands to the desk where they will be sanitized after each use.

## INITIAL EACH THEN SIGN BELOW

- I give my permission for my child (named above) to use the free weights and pin cable equipment at the Shiawassee Family YMCA WITH/WITHOUT (CIRCLE ONE) an orientation. Permission to use this equipment without an orientation should only be given to those students who have a lot of experience using this equipment. \*\*INITIAL:
- I acknowledge that using this equipment involves the potential for injury even with an orientation and strict observance of the rules. \*\*INITIAL:
- I release the Shiawassee Family YMCA from all liability for injuries incurred by my child during or resulting from using free weights, pin cable and cardio equipment. \*\*INITIAL:
- My child and I have both received and read the Shiawassee Family YMCA Code of Conduct and Weight Room Rules. We understand that any behavior that goes against these could result in disciplinary action including, but not limited to, loss of membership privileges. \*\*INITIAL:
- I have completed all information on both sides of the Membership Application form. \*\*INITIAL:
- I understand that my child is receiving a free membership during the months of December, June, July and August only. If I want my child to have a membership during the remaining months of the year, we must pay \$10 to activate that month. I understand that the activation will be good from the day I pay until the end of the month only and NOT for a certain number of days. \*\*INITIAL:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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