



Welcome to the YMCA Upper Montgomery County swimming program!

The YMCA invented organized swim lessons, and we are still the leader in aquatic programs. Whether you are looking for basic water safety for your preschooler, competitive swimming for your teenager, or are just beginning to swim as an adult, the YMCA is the way to go. Our certified year-round instructors will make your experience fun, safe, and rewarding. See you in the pool!

Swim Lessons

Parent/Child Swim Lessons

Ages 6 months-5 years

Our water enrichment classes are composed of lively songs, games and acclimation activities suited to the developmental level of your child. Personal safety, parent education and exercise will provide your child with basic swimming skills that will be helpful in future swim instruction.

Shrimp, Kipper, Inia (6-18 mos.): Parent and Infant Water Adjustment class. Fun, interactive techniques, including games and songs, are utilized to teach basic skills to parents and their children.

Perch (19-36 mos.): Parent and Infant Water Adjustment class. Various techniques, including games, songs and flotation devices, are utilized to teach basic skills to parents and their children.

Pike with Parents (3-5 years): For children who are more comfortable in the water with a parent. This class will prepare your child for lessons without parents in the pool.

Preschool Swim Lessons

Ages 3-5, no parent participation

Lessons follow the YMCA of the USA's student-centered teaching techniques that encourage children to explore the water under the guidance of our certified instructors. We offer four levels of preschool swim lessons; level depends on the skill and confidence your child has in the water. It usually takes several sessions in any particular level before children are ready to move on.

Pike (Beginner): Water adjustment and basic safety skills. Child must be comfortable taking a class without a parent on deck.

Eel: Prerequisites: Child can put his/her face in the water and can swim five feet without flotation device. Child also should be able to kick on back with or without flotation device.

Ray: Prerequisites: Child must be able to swim one half-length with face in and arms out, without flotation device. Child can swim one half-length on back without flotation device.

Starfish: Prerequisites: Child must be able to swim the length of the pool on front without flotation device. Must be able to swim and turn head to side to breath. Must be able to swim length of the pool on back.

If your child has completed Starfish, try our Pre-Team/Barracuda Program.

FREE SWIMMING EVALUATION!

Free skill evaluations for class placement are available most Tuesday and Thursday evenings from 6:15 to 7 p.m., or by appointment. Call to confirm or check the member calendar. This is a great way to determine which program is best for your child. If you are new to our program and feel that a class other than a beginner level is appropriate for your child, please join us for an evaluation.



Youth Swim Lessons

Ages 6 and up

This program is designed for children who have completed first grade or who are 6 years old. Classes are pupil-centered and use a problem-solving, guided discovery teaching approach with an emphasis on learning, not passing or failing. Each level is repeated until the required skills are mastered. Each level is divided into five components including personal safety, stroke development, water sports/games, personal growth and rescue. Class length: 45 minutes.

Polliwog (Beginner): Child has had little or no swimming experience.

Guppy (Advanced Beginner): Prerequisites: Child can swim one-half the length of the pool on front with face in the water and is comfortable in deep water. Child should be comfortable swimming on back.

Minnow (Intermediate): Prerequisites: Child can swim one length of the pool front crawl with rotary breathing and can swim one length on back.

Fish (Advanced Intermediate): Prerequisites: Child can swim one length of the pool front crawl with excellent rotary breathing and one length back crawl (two lengths continuously).

Flying Fish (Advanced): Prerequisites: Child must be able to swim two lengths front crawl and two lengths back crawl. Must know breaststroke kick and butterfly kick.

Shark (Advanced): Prerequisites: Child must be able to swim eight lengths nonstop: two lengths each of proper front crawl, back crawl, breaststroke, and butterfly. Child can also perform flip turns and racing dives.

Porpoise Club (Ages 10+): Don't know where to go after completing Shark? Try Porpoise Club! This course combines stroke development, water sports and special activities that members design and lead. Emphasis also is on character development, community service and fun, with students encouraged to develop teaching skills by assisting swimming instructors with regular Learn-to-Swim classes.

Pre-Team/Barracuda

Ages 5-8

For children who have completed Starfish and wish to focus on the four competitive strokes, starts, turns and finishes.

Competitive Stroke, Start, and Turn Clinic

Ages 7 and older

Are you a current or future summer league swimmer, or perhaps an aspiring fitness or triathlon swimmer who would like to make remarkable improvement to your strokes and endurance? The exceptional YMCA staff will use advanced teaching techniques and drills to help you swim your best. The clinic will focus on the four competitive strokes, starts, turns and finishes.

Teen Swim Lessons

Ages 12-17

This class is specifically designed for teens who are in need of beginner level instruction, as well as for those who want to improve their strokes and continue to an advanced level.

Home School Swim

Ages 4-13

Home schoolers, join us for swim lessons and recreational swim. The YMCA will provide a 30-minute instructional time in one of three skill levels. Recreational swimming will also be available.



Introduction to Synchronized Swimming for Kids

Ages 6-18

Dive into this exciting new introduction to synchronized swimming for children! Students will have fun as they learn to choreograph and perform routines, while developing excellent overall water skills and teamwork. Prerequisite: Minimum swim ability: Minnow level or at least able to swim one lap of the pool.

Private Swim Lessons

All ages

The YMCA offers private swim lessons for all ages and skill levels, as well as for the physically, visually and hearing impaired. These 30-minute lessons are customized to meet individual needs. Class times are scheduled based on space and instructor availability. Please complete a Private Lesson Request Form at the Member Service desk. Second student in same lesson pays half price.

See our Swim Team Brochure for information on the Stingray Competitive Swim Team!

General Information

- Participants may only register for their proper level. Anyone registering for a class too high or too low for their ability level will be moved.
- Skill evaluations for class placement are available free of charge. Please schedule an evaluation. If you have any questions about your child's placement, or to schedule an appointment, contact the Aquatic Department at 301-948-9622.
- Children over six years of age may not use opposite sex locker rooms.
- All babies must wear tight-fitting rubber pants/swim diapers.
- There are no make-up classes, unless class is canceled by the YMCA.
- YMCA classes are based on progression, not pass/fail.
- To ensure highest quality, please do not ask the Aquatic Director to over-subscribe classes.
- Please review the Credit and Refund policy in the back of this guide. It will be strictly enforced.

Aquatic Fitness

Choose from 24 classes every week!

Due to popular demand, the YMCA Aquatic Fitness classes now use Fitness Flexpasses to provide flexibility and added convenience. Purchase your Fitness Flexpasses at the desk, and use them for any of our aquatic fitness classes. This allows you to customize your workout to meet your schedule. For information on Fitness Flexpasses, stop by the member service desk.

Aqua Aerobics

Participants use movement to music in shallow water to improve their flexibility, endurance and muscle tone. This program is designed for both swimmers and non-swimmers.

Deep Water Aerobics

This class is designed for swimmers and non-swimmers who are comfortable in deep water. Participants wear flotation belts that allow freedom of movement. This intense workout uses the water's natural resistance to improve cardiovascular endurance and strengthen major muscle groups. Float belts are provided.

Kickboxing Water Aerobics

Lab, jump, kick and splash into the exciting world of kickboxing in the aquatic environment. Enjoy this intense workout while having great fun!



YMCA
Summer
Camps
Y

YMCA UPPER MONTGOMERY COUNTY offers a wide range of camp experiences for children as young as four years old. Camps such as Arts and Drama, Kinder Kids Sports, and Teen Trek offer a wide range of healthy options for your child's summer. Camps are located in:
Germantown
Montgomery Village
Gaithersburg

**Register
Early!**

We build strong kids!

Y

M

C

A

C A M P L E T T S



We'll help your kids develop positive identities, values, social skills and a commitment to life-long learning as they:

- sail ■ water ski ■ do martial arts ■ play guitar
- take on our high and low ropes challenge course ■ enjoy drama, arts & crafts, choir, soccer and tennis classes ■ learn to care for the horses in our Equestrian Center. All on our 219-acre nature preserve on the Rhode River in Edgewater, Md. Also check our special European Trip & Adventure Camps and one-week Nature and Mini camps.

Add-Venture

**Overnight camping
experience with a plus**

YCAMPS
TM

410-919-1400



Youth Programs

ATTENTION FULL PRIVILEGE MEMBERS!

Sign your kids up for one of many exciting programs, and you can work out at the same time. The YMCA is the place to be for family fun.

First Friends

Ages 9-36 months with parent/caregiver

The 45-minute class will incorporate, age appropriate, fun and challenging movement activities and rhythmic games, as well as lots of songs, music, and fellowship. Don't miss this opportunity to help your child discover new sights and sounds, and explore how their body moves in the new and challenging environments created each week by your instructor.

Tumbling Tots

Ages 3-4

This is an excellent opportunity for your child to learn the basics of tumbling and to further develop their gross motor skills in a fun and friendly atmosphere. Fun games and activities with the balance beam, "cheese" mats, parachutes, and more are sure to peak the interest and inspire any tot to trot to the YMCA.

Gym & Swim

Ages 3-5

Thirty minutes of age-appropriate tumbling and movement activities is followed by 30 minutes of instructional and recreational swimming activities and games. Your child will have lots of fun making new friends, developing motor skills, getting plenty of exercise, and learning valuable lessons in water safety and swimming.

Tumbling Tykes

Ages 4-5

This is a great class for your child to refine the basic tumbling movements and begin to learn some of the more advanced tumbling activities, like dive rolls and cartwheels. We'll use the traditional tumbling equipment, such as "cheese" mats and balance beams, and mix it up with fun parachute and scooter games.

Tiny Tees (T-Ball)

Ages 4-5

Kids will learn the basic skills of throwing, fielding and batting. The class is designed to help children build confidence and self-esteem in a fun, safe and healthy environment. Batter up!

Kinder Kicks Soccer

Ages 4-5

Kids will learn the basic skills of dribbling, trapping and passing. Class is noncompetitive in nature and promotes fun and fitness while teaching the basic skills through mini-drills, lead-up games and actual game situations.

Tae Kwon Do

Ages 6-16 (adults with instructor permission)

Instructor: J. McAuliffe, 4th Degree Black Belt

This is a 90-minute class that builds confidence, improves self-esteem and increases fitness and flexibility. A great way to make new friends! Appropriate for all levels, including beginners. Families welcome. A World Tae Kwon Do Association class.

"Kiddin' Around"

Ages 7-15 (ask about age groups)

Old fashioned fun! This class works on children's athletic skills and on some of the same skills that professional athletes might, but in a fun atmosphere! Class activities will vary, using PACE strengthening equipment, medicine balls, obstacle courses, skills drills, games and more. Class meets on Tuesdays, from 6:30-7:30 p.m., in the mid-level of the Youth Activity Center.



Homeschool + Y's Cool = YAHOO!

Ages 11-16

Phys-Ed to get kids moving! Classes involve a variety of activities to improve strength and cardiovascular conditioning. Call Andy Silber at 301-948-9622 to learn about our home school fitness program, and join the fun!

Karate for Kids

Ages 5-7

Instructor: Linda Suarez, Black Belt. Fun, simple and easy-going karate for the very young student. Isshinryu Karate builds confidence, strength, motor skills and friendships. Class length: one hour.

Karate

Ages 7-adult

Excellent program for all ages, and a great parent/child activity. Increases self confidence and promotes personal development. The class emphasizes physical fitness and self-discipline. Uniform required and may be purchased from the instructor for \$25. An American Wado Kai Karate class.

Girl Power

Ages 9-12

Hiking, dancing, rock-climbing, baking... would you like to participate in these activities? At the YMCA we've got the POWER to show you how to dance and climb and kick! And we want to share this power with YOU!

Teen Babysitting Class

Ages 11-16

Instructor: Carolyn Brauer

Looking to become an American Red Cross certified babysitter? Using the American Red Cross Babysitter's Training manual, you will learn information and skills to become a responsible babysitter, focusing on topics such as basic care, safety, and crisis management. In addition, this course will also provide you with knowledge and skills practice in first aid and rescue breathing. After completion, you will receive certification as an American Red Cross Babysitter.

YMCA Youth and Teen Fine Arts

Ages 7-16

Instructor: Michelle LeBlanc

Youth and Teen Fine Arts classes are designed to offer a variety of opportunities and structured activities for you to explore your creative side! Come and learn about the Dramatic Arts (ages 7-12), Creative Writing (ages 11-16), Drawing (ages 7-12), and more.

Food Crafts

Ages 7-12

Instructor: Jobella Middona

How can food be fun? What kind of crafts can you make with food? Come and "play with your food" and have some fun!

Shifting Pieces Chess Club

All Ages

Instructor: Fred Hunter

Chess is a game of skill and intelligence. If you want to challenge yourself and match wits with other players, then come join us each Tuesday at the Youth Activity Center and Thursday at Resnik Elementary from 6:30-8:30pm. All ages and players of all levels are encouraged to attend. Admission is free. Saturday tournaments will also be scheduled.

YMCA Youth/Teen/Family Climbing Wall

Challenge yourself, and maybe others, to see if you can make it to the top! Improve your skills and try out some new moves. Choose the path you want to take or make your own path. Wall staff are trained and certified, and all participants wear required safety gear. Ask member service desk for times.



Teen Programs

Youth and Government

9th through 12th Grade

Youth and Government is a fantastic statewide program for high school teens. The goal of the program is to help young people gain a greater appreciation and understanding of the democratic process while teaching vital leadership skills. Students will learn parliamentary procedure, bill writing, and debating. Participants will also have the opportunity to participate in a three-day mock legislative session in Annapolis with approximately 250 high school students from around the state. The program starts in the fall and has a rolling admission.

Leaders Club

9th through 12th grade

All high school students are invited to join this club that offers activities centered around four goals: leadership training, personal growth, service to others, and social and character development.

Earth Service Corps

9th through 12th grade

Earth Service Corps is a teen leadership and service-learning program for teens ready to make a difference in their communities. It empowers young people to be effective and responsible community and global citizens through the development of leadership skills, environmental education and action, and cross-cultural awareness. This is an opportunity for young people to take actions in issues they care about. Contact Robyn Pincus 301-926-0028 for further details.

Minority Achievers

9th through 12th grade

Minority Achievers is a program for all young people of minority populations that fosters ongoing interaction between teens and adult role models. The success of the program is anchored by the interaction with and support from business and community members. Minority Achievers program strives to assist young people of minority populations in developing a positive sense of self and leadership skills, provide successful and knowledgeable role models, raise academic standards while also exposing youth to diverse academic and career opportunities, and create channels for continuing community involvement.

Open Youth Center

Ages 12-17

Looking for a place to hang out with your old friends? Wanting to meet some new friends? Come join us every Friday night and Saturday mornings for YMCA Open Youth and Teen Center. We have lots of fun activities available like ping-pong, foosball, pool, hockey table, basketball, and games. Snacks will also be provided! Fridays 7:00 – 9:00pm, Saturdays 10:00am- 2:00pm.

Counselor in Training

Ages 14-15

The YMCA's Counselor in Training program allows teens to enjoy a hands-on training experience while learning counseling techniques. CITs will work with the camp staff to develop their "working with children" skills and receive community service hours to fulfill school requirements.

Community First Aid and CPR*

Ages 11-17

Instructor: Carolyn Brauer

CPR and first aid certifications will prepare you for the unexpected. More and more teens are taking the responsibility to be certified and ready to help in case an emergency situation occurs. Teens obtaining these certifications will feel more confident about handling an emergency at home or babysitting.

Youth and Teen Climbing Wall

Challenge yourself, and maybe others, to see if you can make it to the top! Improve your skills and try out some new moves. Choose the path you want to take or make your own path. Wall staff are trained and certified, and all participants wear required safety gear.



Child Care

Welcome to YMCA Upper Montgomery County pre-school and school-age child care. Our year-round programs offer:

- Convenient hours and locations
- Field trips
- Age-appropriate curriculum
- Experienced, professional staff
- Fun-filled activities
- Enrichment activities
- Clubs
- Nutritious snacks
- Winter and spring break camps
- Half-day and holiday special events
- Sports and fitness activities
- Supervised homework time
- Kids' Pace Youth Fitness Circuit



All child care programs are state licensed and follow YMCA of the USA programming recommendations.

Three Convenient Locations

- Lake Seneca Elementary
- YMCA Youth Activity Center
- YMCA Resnik Children's Program Center

Before- and After-School Clubs

The YMCA uses a developmentally appropriate approach with attention to your child's social, emotional, cognitive and physical growth. Our quality care programs offer designated homework time, computer introduction, a healthy snack and sports/games. Contact your nearest location for registration information and fees.



Aquatics

We offer a monthly aquatic segment to our students. Our pool staff works with children on swimming skills and water safety through fun pool activities. Transportation is provided.

Kid Fit

Kid Fit seeks to educate, instruct and encourage children to embrace healthy habits while having fun. This program also will assist children with their motor skills, boost self-esteem and promote healthy fitness activities. Once a month, a certified fitness instructor will conduct the class at the child care site.

Educational Clubs

All of our child care sites have clubs that meet monthly. Their purpose is to promote creativity, and making new friends and encourage children to try new things. Subjects include science, photography, computers, reading, adopt a pal and much more.

Family Night

Join us for swimming, wall climbing, dancercise, sock hops, competitions and more. Look for a Family Night calendar in the Child Care newsletters.



Y GUIDES AND PRINCESSES

Of the many programs pioneered by America's YMCAs, the oldest family program is the Y Guides and Princesses. This program strengthens the family by giving parents and children opportunities to spend quality time together.

"Pals Always/Friends Forever" Y Guides and Princesses is for fathers and their 5-9-year-old sons/daughters. They are assigned to "tribes" consisting of other fathers and sons/daughters. Tribes meet once a month for crafts, storytelling and activities that explore North American Indian lore. Tribes are part of a Nation that has monthly events, including campouts and sports events. For more information, call the Youth and Family Office at 301-926-0028.

FULL PRIVILEGE MEMBERSHIP

FULL PRIVILEGE MEMBERSHIP INCLUDES:
 • FitLinxx Interactive Wellness Center with Icarion strength equipment • Heated indoor pool (25 yards) • Sauna • Free weights • LifeFitness treadmills, total body trainers and recumbent bikes • Precor elliptical trainers

• Certified personal trainers • Concept 2 Rowers • Stairmasters • Massage
 • Specialized fitness classes • Mind/body enhancement classes and programs
 Plus • Free! 12-Week FitLinxx Starters! Program • Free! orientation to Nautilus and

FitLinxx centers • Free! group fitness classes
 • Free! baby-sitting services
 • Member referral program • Child care programs

FULL PRIVILEGE MEMBERSHIP CATEGORIES

Categories	No. Persons	Age	Conditions/ Requirements	Joiner Fee	Monthly EFT Dues*
Youth	Individual	13-17		\$12	\$22
Young Adult	Individual	18-22		\$27	\$28
Adult	Individual	23-64		\$100	\$51
Family I	One adult household, with children 17 and under, or full-time students 22 and under living in the same household		Valid registration confirmation	\$125	\$61
Family II	Two adult individuals, with or without children, 17 and under, or full-time students, 22 and under living in the same household		Valid registration confirmation	\$150	\$70
Senior	Individual	65+		\$37	\$31
Senior Couple	Two adult individuals	65+	Both must meet age requirement	\$81	\$54

Washington Area Membership (WAM): Enjoy full privilege membership at all YMCA branches in the YMCA of Metropolitan Washington

WAM Adult	\$110
WAM Family I	\$120
WAM Family II	\$130

Proof of age is required. Children 12 and under must be part of a full privilege family membership or they may be program members to participate in specific activities. Children under 12 must be accompanied by an adult unless they are attending a supervised class or activity. YMCA operating expenses continue to increase. Please expect occasional modest price adjustments.

*Monthly payment by electronic funds transfer (EFT) or credit card debit.

The YMCA of Metropolitan Washington recognizes the need to serve all members of the community, regardless of their ability to pay the full cost of membership or program fees. To apply for financial assistance, simply visit YMCA Upper Montgomery County or call 301-948-9622 for an application.

PROGRAM MEMBERSHIP CATEGORIES

Program members may participate only in the classes in which they are enrolled. Program Members must pay an annual fee in addition to individual class registration fees. Program membership fees are non-refundable.

Categories	No. Persons	Age	Annual Fee
Youth	Individual	17 and younger	\$47
Adult/Senior	Individual	18+	\$73
Family	One adult individual with children ages 17 and under; or two adults, with or without children ages 17 and under, living in the same household		\$93

Convenient Hours

Monday-Friday 5:30 am-10:00 pm
Saturday 6:30 am-7:00 pm
Sunday 8:30 am-8:30 pm

Washington Area Membership (WAM)

Enjoy full privilege membership at all YMCA branches in the YMCA of Metropolitan Washington.

WAM Adult \$110
WAM Family I \$120
WAM Family II \$130

AWAY Program

The YMCA AWAY (Always Welcome at YMCAs) program enables members to use other Ys when traveling for business or pleasure. See Member Services. See branch for details.

Financial Assistance

Subject to available resources, no person is denied participation in a YMCA program solely because of inability to pay. For more information, contact Member Services.

Guest Policy/Fees

While we encourage members to invite friends to accompany them for an enjoyable day at the YMCA, there is a limit of one guest per individual membership and three guests per family membership, per visit. All guests must be accompanied by the member. A member may bring the same guest no more than three times during the year. After three visits, the guest will be invited to join the YMCA. Fees for guests are: ages 17 and under, \$4 per person; ages 18 and older, \$8 per person.

Membership Card Procedure

- Carry your Full Privilege membership card with you at all times.
- Membership Cards are not transferable and must be presented at the Member Services/Facility Access desk each time you enter the facility. Everyone in your family must present an ID card.
- Please remember that a picture ID is required upon entry to the YMCA Upper Montgomery County and all extension sites.

Member Referral Program

The Member Referral program awards a member one month free for referring someone who becomes a new member. Member referral forms are available at the Member Services Office. See form for details.

Child Supervision

A parent, guardian or adult member is required to accompany children ages 12 and younger when using the facility and must escort them to and from supervised activities.

Strength Training Areas — Children under 17 may not be in any of the strength training rooms unless they are participating in a structured class activity. A parent or adult YMCA member must bring the child to the program area and pick up the child promptly when the activity has ended. Sixteen- and 17-year-old members are allowed in strength training areas when accompanied by an adult or alone after successfully completing the branch's orientation program and being deemed qualified by the Fitness Director. Ask the Fitness Director for more information.

Locker Rooms — Children five and under may use the same locker room as their parent or guardian. Children six and older must use gender-appropriate locker rooms. Parents/guardians must not leave children unattended in locker rooms.

Volunteer Opportunities

Join our volunteer team to work with children, interact with teens, share your talents, create lasting memories for yourself and others, make a difference and have fun! If interested or to learn more about volunteer opportunities, please call 301-948-9622.

YMCA Building Bridges Annual Sustaining Fund

Last year alone, the YMCA's partnerships with area companies, foundations, organizations and private citizens enabled us to invest over \$1 million in child care, after-school and wellness programs for more than 20,000 children in need. This year, we need to raise and invest even more. Please help us help others. Together we can continue to build strong kids, strong families and strong communities.

REGISTRATION PROCEDURE

How Do I Register?

YMCA Full Privilege members enjoy unlimited free group exercise classes held at the YMCA and extension sites. Registration is not necessary for these classes. Show your membership card to participate in a class. Classes are run on a first-come, first-served basis. Note: Specialty fitness classes are not included

Program members can take a group exercise class— one class (the entire session) for \$60. Or take two classes, the entire session, for \$105.

Register for any of our other classes, including aquatics, dance, arthritis classes and more at the registration desk, or call us at 301-948-9622.

Refunds, Credits and Transfers

Classes: If you would like to cancel a class registration, you must notify the Member Service Office in person. All requests must be submitted in writing. Refunds are not issued for classes not attended. Refunds, which take a minimum of three to four weeks for processing, are issued by the YMCA of Metropolitan Washington. A YMCA credit is valid for one year from the date of issue. It cannot be redeemed for cash. Refunds or YMCA credit will be issued based on the date of cancellation, as follows:

- cancellation before first class: 90% refund or YMCA credit
- cancellation after first class: 75% YMCA credit
- cancellation after second class: 50% YMCA credit
- cancellation after third class: no YMCA credit or refunds.

In cases of medical emergencies, a refund or credit will be issued for the remaining balance of class fees when you present a medical certificate or physician's letter to the Member Services Office. Refunds are not issued for classes not attended.

Transfers: You must request a class transfer in person and will be charged a \$10 fee, per person, per class. No transfer fee will be charged if you don't meet the class requirements.

Return Check Fees

The fee for both EFT (Electronic Funds Transfer) and Insufficient Funds check returns is \$25.

YMCA Cancellations

The YMCA reserves the right to cancel a class when the required minimum enrollment is not met. Earliest notification will be given and participants may choose a full refund or a YMCA credit.

Class/Program Registration Form

YMCA Upper Montgomery County

Please print or type. Form must be fully completed to ensure proper registration. Retain a copy for your records.

Full Privilege Member _____ Program Member* (see fees below) Today's Date _____
 Member # _____

Please complete: (To be completed by participant if age 18+. If under 18, to be completed by parent/guardian.)

(PLEASE CHECK) PARTICIPANT PARENT/GUARDIAN

YOUR NAME _____	<input type="checkbox"/> BIRTHDATE _____ MONTH/DAY/YEAR
STREET ADDRESS _____	
CITY _____	STATE _____ ZIP _____
HOME PHONE _____	WORK PHONE _____
EMAIL ADDRESS _____	
EMERGENCY CONTACT _____	PHONE _____

*Program Membership Fees: (Nonrefundable)

Program Youth \$47
 Program Adult/Senior \$73
 Program Family \$93

Registration Procedure:

1. Mail or drop off your completed registration form, including payment to
 YMCA Upper Montgomery County
 10011 Stedwick Road
 Montgomery Village, MD 20886 OR
2. Fax your completed registration, including credit card information to 301-948-4968.

Participant Name (Last/First)	Class Number	Activity Name	Birthdate (M/D/Y)	Session (M/F)	Day/Time of Activity	FEE

Membership Fee(s) \$ _____
 Class Fee(s) \$ _____
 I would like to include a donation to the YMCA Building Bridges fund. \$ _____
TOTAL DUE \$ _____

Payment (CHECK ONE) CASH CHECK (PAYABLE TO YMCA Upper Montgomery County)

CHARGE (VISA, MASTERCARD, DISCOVER or AMERICAN EXPRESS)

Card # _____ Exp. Date _____

Cardholder's Name _____

Cardholder's Signature _____ Date _____

Waiver

I understand that the YMCA of Metropolitan Washington assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, the use of any equipment, exercise or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses which may result from participation in these activities. I hereby release and discharge the YMCA of Metropolitan Washington, its agents, servants and employees from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the YMCA of Metropolitan Washington is not responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities on YMCA premises. I give my permission to the YMCA of Metropolitan Washington to use indefinitely, without limitation or obligation, photographs, film footage or tape recordings which may include my image or voice for purpose of promoting or interpreting YMCA programs. I acknowledge the WAIVER set forth above.

Signature of Participant/Parent/Guardian _____ Date _____
 (or parent if under age 18)