



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2019-2020 School Year Westfield Area YMCA 7th Grade Initiative Application

Applicant must reside or attend school in Cranford, Garwood, Mountainside, or Westfield.

## 7TH GRADER INFORMATION:

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Full Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

School Attending (choose one):      Deerfield      Edison      Hillside Ave      Holy Trinity      Lincoln  
Orange Ave      Roosevelt      St Michael      Other \_\_\_\_\_

What activities are you interested in participating in during the 7th Grade Initiative? \_\_\_\_\_

How did you hear about the 7th Grade Initiative program? (check all that apply):      member of the Y  
friend/neighbor      family      Y employee (name: \_\_\_\_\_)      brochure  
newspaper      at school      other \_\_\_\_\_

## PARENT/GUARDIAN INFORMATION:

Parent/Guardian 1: Name: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Would you like to be included in the 7th Grade Initiative text messaging program?      Yes      No

Parent/Guardian 2: Name: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Would you like to be included in the 7th Grade Initiative text messaging program?      Yes      No

Race/Ethnic Group of Primary Member (optional)

Gross Annual Household Income (optional)

Caucasian	Asian	under \$15,000	\$50,000-\$74,999
Afro-American	Hispanic	\$15,000-\$24,999	\$75,000-\$99,999
Native American	Indian	\$25,000-\$34,999	\$100,000-\$124,999
	Other	\$35,000-\$49,999	\$125,000-\$149,999
			\$150,000 or over

## INFORMED CONSENT AND RELEASE FOR FACILITY USE (Revised 3/15/18)

I desire to use the Westfield Area YMCA facilities (including but not limited to all public areas, the swimming pools, gymnasiums, locker rooms, steam rooms, showers, etc.) and to engage in the Westfield Area YMCA programs/activities and or exercise programs and in the use of all the equipment designed for programs/activities and or exercising in order to attempt to improve my physical fitness. I understand that my use of any and all of the Westfield YMCA facilities and the activities that I am about to engage in may result in physical injury to me. More specifically, I understand that the activities are designed to place a gradually increasing workload on both my muscular and cardiovascular systems. The reaction of my muscular or cardiovascular systems to such activities cannot be predicted. I understand that there is a risk of certain undesirable changes that might occur during or following such exercise. These changes might include abnormalities of blood pressure, heart rate, sprains, strains, or worse.

I understand that I should consult with a physician before beginning any exercise programs or the use of any of the exercise equipment or exercise facilities at the Westfield Area YMCA. I understand that if I am taking medication, I should also check with my physician to learn how it may affect my ability to exercise safely. I know that I am responsible for monitoring my own physical condition throughout any exercise programs and that if I experience any unusual symptoms or physical conditions while exercising, I will immediately cease my participation in that form of exercise, and inform my instructor and my doctor of the unusual symptoms that I had experienced. In the event that a medical clearance form must be obtained prior to my participation in any exercise program or prior to my use of any exercise equipment or facilities, I agree to consult with my doctor and obtain such a medical clearance form prior to beginning exercise.

I acknowledge that I have read and that I understand this form to its entirety. I also understand the nature of the programs/activities and or exercise programs, equipment, and facilities offered at The Westfield Area YMCA and accept all risks associated with my use of all of the Westfield Area YMCA facilities, and my participation in all programs/activities including exercise programs, and use of exercise and or other equipment. I understand that I am solely responsible for any and all injuries, disabilities or death that I may sustain as a result of using the Westfield Area YMCA including but not limited to engaging in exercise at the Westfield Area YMCA, irrespective of any consultation provided by the Westfield Area YMCA employees.

In consideration for being allowed to use the Westfield Area YMCA facilities and to participate in the Westfield Area YMCA programs/activities and or exercise programs and to utilize the weights, machinery, exercise equipment, apparatus or exercise facilities at the Westfield Area YMCA, I agree to assume the risk that accompanies the use of all of the Westfield YMCA facilities and with exercise. I further agree that The Westfield Area YMCA and its agents shall not be liable to me for any claims, suits, losses or related causes of action for damages, including but not limited to such claims that may result from my injury or death, accidental or otherwise, during or arising in any way from my use of any part of the Westfield Area YMCA facilities, from my participation in exercise programs or from my use of any weights, machinery, exercise equipment, apparatus or exercise facilities at the Westfield Area YMCA. Finally, I agree to hold the Westfield Area YMCA and its agents harmless from any and all claims which may be brought against them by me or on my behalf for any injuries or death resulting from my use of the Westfield Area YMCA or participation at the Westfield Area YMCA.

### CODE OF CONDUCT

At the Westfield Area YMCA, we expect staff, members and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others.

At the Westfield Area YMCA, we demonstrate our 4-core values of Caring, Honesty, Respect and Responsibility by:

- Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.
- Resolving conflicts in a respectful honest and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment; never carrying illegal firearms or devices.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the use of alcohol on Westfield Area YMCA premises.

Adherence to the Westfield Area YMCA Code of Conduct and regulations is essential. Non-compliance may result in suspension or termination of Westfield Area YMCA membership privileges.

In signing this application, I give permission to the Westfield Area YMCA to use any photographs taken of me or my family for publicity purposes.

By signing this application, I acknowledge that I have read the Informed Consent and Release for facility use. The Westfield Area YMCA reserves the right to terminate my membership if it determines that I have engaged in conduct which violates the Westfield Area YMCA "Code of Conduct" or is otherwise illegal or immoral.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Please Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
7<sup>th</sup> Grader Signature

\_\_\_\_\_  
Please Print Name

\_\_\_\_\_  
Date