



MEXICO AREA FAMILY YMCA
Mexico, Missouri

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH CERTIFICATION REGISTRATION FORM

PARTICIPATION NAME:

GUARDIAN NAME:

BEST CONTACT PHONE #:

BEST CONTACT E-MAIL:

DOB:

AGE (MUST BE 12 OR OLDER):

PARENT/GUARDIAN SIGNATURE:

UPCOMING CLASSES:

SEPTEMBER 12 2025 @ 3:30PM

OCTOBER 3 2025 @ 3:30PM

NOVEBER 7, 2025 @ 3:30PM

**IF THESE DAYS/TIMES WILL NOT WORK FOR YOU AND YOU NEED TO SET UP
AN INDIVIDUAL CLASS PLEASE CONTACT SETH COOKE:
SETH.COOKE@MEXICOMOYMCA.ORG**



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YOUTH CERTIFICATION GENERAL GUIDELINES

1. No food or drink besides water in fitness center.
2. No inappropriate behavior, swearing, being offensive towards others.
3. Dress appropriately. Tennis shoes, no jeans, must have shirt on at all times.
4. All Cardio equipment, no more than 30 minutes at a time.
5. Let others "work in", machines and/or cardio.
6. Do not drop or band weights.
7. Everyone must have their own spray bottle, clean everything you use after you are done.
8. Must check out tag from front desk before working out, keep tag visible for the duration of your time in fitness center. Return tag after you are done.
9. No free weights are to be used by Youth Cert Members without being accompanied by parent or guardian.
10. Failure to abide by rules and/or heed warnings by staff members may result in the suspension or loss of Youth Cert Membership. Length of fitness center suspension is up to staff members.