



With your assistance, the YWCA Elmira & the Twin Tiers will provide obese children (BMI <30), and their families with exercise and nutrition in a safe, structured and fun environment and provide them with knowledge and opportunities to help them lead healthier lifestyles.

For further information regarding this and other quality YWCA Elmira & the Twin Tiers programming, please contact the agency.

YWCA Elmira & the Twin Tiers
211 Lake Street
Elmira, New York 14901
607-733-5575
www.ywcaelmira.org

Mission:

The YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

YWCA Fit & Fun
APPLICATION/REFERRAL

Name: _____

Address: _____

Guardian Name: _____

Contact Phone # _____

If available:

Age: _____

Height: _____

Weight: _____

BMI: _____

Person referring: _____

Title: _____

Relationship to Participant: _____

I would like progress information:

Yes _____ NO _____

If yes, please provide E-mail address:

Email: _____

ywca

Elmira & the Twin Tiers



Fit & Fun Program
for
Youth & Families

Water exercise and activity
for Fun & Fitness to fight
childhood obesity in
Chemung County.

211 Lake Street
Elmira, NY 14901

607.733.5575
www.ywcaelmira.org

YWCA Elmira & the Twin Tiers Fit & Fun Program

Uniting Families With Fitness

The YWCA is excited to offer low-cost fitness to area youth and families to increase the physical activity levels of obese children (BMI <30), ages 6 months to 12 years, making exercise fun and a part of a healthy life style.

The YWCA Fit & Fun Program will run throughout 2010, with open enrollment during the entire year.

Obese children may be referred by a family member, school or medical professionals with a referral stating they would benefit by participating in the YWCA Fit & Fun Program. An initial weight and height will be provided by school or medical office, or can be done at the YWCA, to determine eligibility, with BMI greater than 30 for their age.

Referral forms are available on our website (www.ywcaelmira.org), and may be downloaded and e-mailed to the Supervisor of Health, Wellness & Fitness at: amandas@ywcaelmira.org or delivered to the agency.



Benefits for YWCA Fit & Fun

- Swim 9 times and the 10th swim is FREE!
 - Reduced rates to YWCA Pool Programming and special events such as Tropics Swim Party, Halloween Party, Party for Peace, Splash Parties and more!
 - Reduced rates to family members.
 - Bi-monthly YWCA Fit & Fun Cooking Class will promote healthy nutrition with child friendly food. Fit & Fun members will prepare healthy snacks and eat together as a group. Themes for holidays will make eating healthy fun.
 - Special Recognition will be awarded for participating in the program on a consistent and regular basis. Fit & Fun participants will be encouraged to exercise twice weekly for 1 hour each time. Records will be kept for attendance and Certificates of Excellence will be awarded to participants meeting goals. Splash Parties will be provided for participants.
-

YWCA Fit & Fun Cost

YWCA Fit & Fun Program participants will receive an identification card giving them eligibility to swim at a reduced rate (\$1 per session) at any of our Family or Open Swims. The entire family is encouraged to participate and swim with the child, making exercise a family priority.

Accompanying family members will also receive a reduced rate (adult \$2, additional children \$1.)

Swim 9 times and the 10th is free.

* Limited scholarships may be available through the YWCA. Please contact us at 607-733-5575.

YWCA SWIM TIMES*

Family Swim:

Tuesday 4-5pm
Wednesday 4-5pm
Friday 4-6pm

Open Swims:

Monday 6:15-7:30pm
Wednesday 6:15-7:30pm
Thursday 6:15-7:30pm
Friday 7:00-9:00pm
Saturday 12:00-2:00pm
Sunday 2:00-4:00pm

* Swim times may be subject to change.

** For a complete listing of Swim Programs visit our website at www.ywcaelmira.org.
