



FAMILIES IN TRAINING

LEARN, PLAY, AND GROW AT THE CORTLAND YMCA

FREE for all families in Cortland County!
Saturdays 10:00-11:30 AM
The first twelve-week session starts on May 4th
Space is limited, so please sign up soon!

NEW from the YMCA!

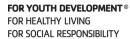
The Families in Training (FIT) program provides opportunities for families to learn important skills to help them manage their weight and feel fitter, happier, and healthier for the rest of their lives. Each class includes wellness education, family-based aerobic exercise, and play.

During the 12-week session, families will work with nutritionists, trainers, community organizations, and YMCA staff members to set personal goals, improve healthy habits, and learn how to better promote healthy lifestyles in their homes. Topics covered will include nutrition, staying active as a family, positive body image, and more!



For more information, please contact Margo at (607) 756-2893 or margo@cortlandymca.org.

CORTLAND COUNTY FAMILY YMCA 22 Tompkins St. Cortland, NY 13045 (607) 756-2893





Families in Training (FIT)

Registration Form

Parent/Guardian Information: Name:			Birthdate:		
Address:					
Phone Number:	Er	nail:			
Name:			Birthdate:		
Address:					
Phone Number:	Er	nail:			
Youth Information:					
Name:			Birthdate:	Gender:	
Name:			Birthdate:	Gender:	
Name:			Birthdate:	Gender:	
How can Healthy Families bes	t help your family to live a he	ealthier lif	estyle?		
☐ Community Support ☐ Healthy Snack Ideas I am mostly interested in joining	☐ Family Engagement ☐ Nutrition Assistance Healthy Families because:	_			
My family has a history of:					
Heart attacks/Stroke High Blood Pressure High Cholesterol Diabetes	☐ IBS/Digestive Disorders ☐ Auto Immune Disorder ☐ Headaches/Dizziness ☐ Joint Problems		Asthma/Respiratory Problems Epilepsy		
Does anyone in your family have	a current medical condition or co	ncern that	t we should be awa	re of?:	
Do you or your child(ren) have a		_			
Is there anything else about your	family that we should know abo	ut?:			

Please return to the Cortland County Family YMCA at 22 Tompkins St., Cortland. Spaces are limited, so please register soon.