



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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](mailto:margo@cortlandymca.org).

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



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# Families in Training (FIT) Registration Form

### Parent/Guardian Information:

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

### Youth Information:

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: \_\_\_\_\_

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: \_\_\_\_\_

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: \_\_\_\_\_

How can Healthy Families best help your family to live a healthier lifestyle?

- Fitness Ideas
- Community Support
- Healthy Snack Ideas
- Weight Control
- Family Engagement
- Nutrition Assistance
- Other: \_\_\_\_\_

I am mostly interested in joining 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
- Anxiety/Depression
- Asthma/Respiratory Problems
- Epilepsy
- Other: \_\_\_\_\_

Does anyone in your family have a current medical condition or concern that we should be aware of?: \_\_\_\_\_

Do you or your child(ren) have any known allergies:  Yes  No **If yes**, what are they: \_\_\_\_\_

Is there anything else about your family that we should know about?: \_\_\_\_\_

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