



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Member Newsletter

— MARCH 2015

Membership News

One of the great perks of having a membership at the YMCA is the ability to bring a guest of yours into the facility to enjoy all that we have to offer. As in all things, there are a few rules surrounding this membership benefit and we would like to review those at this time.

The YMCA's Guest Pass Policy reads as follows:

"Each Siskiyou Family YMCA membership, in good standing, will receive 12 free guest passes per year i.e., an individual membership will receive 12 guest passes per year and a family membership will receive 12 guest passes per year. The YMCA will maintain a daily rate for drop-in persons. All guests must sign a "Release of Liability and Waiver Form". Minors under 18 years of age must have a "Release of Liability Waiver Form" signed by a parent or legal guardian and a photo I.D. must be presented.

*Members 17 Years and younger **may not** bring guests without a parent or adult guardian present to sign the standard liability release form. Guests may be asked to show proper identification to verify age."*

The YMCA staff and volunteers want to encourage your continued use of guest passes. The Y is a great place for all and we hope you bring someone in to show them what you've been telling them about!

Join us for..... **YMCA Healthy Kids Day**

Saturday, April 25th, 2015

The Nationally recognized YMCA day celebrates healthier kids, families and communities! We'll have fun games, rock climbing, ump houses, CHP, obstacle courses, nutrition information and much more!

Time: 11am-2pm

Location: Siskiyou Family YMCA

Cost: FREE for everyone!



Fitness Happenings @ The Y

Personal Training:



Meet one of the YMCA's certified personal trainers Brandon Eller. Brandon has a Bachelor's Degree in Exercise Science from Sacramento State and a Strength and Conditioning certification with the N.S.C.A. Brandon specializes in overall health and wellness, as well as, enhancing athletic performance. He uses his background and knowledge to help design functional strength training programs that are unique to each person and will help them reach their individual goals. Personal training is a great way to kick start your fitness, or get you out of a fitness slump. It is almost summer, which means we will be showing more skin, so why not get that body ready? For the month of April, Brandon is running a group personal training special. If 2-3 people sign up to train together you will get \$50 off the package. The combination of 2-3 clients = great effort = great results. Call us today and schedule an appointment!

www.siskiyou-ymca.org / 842-YMCA (9622)

