

YMCA EAST SURREY

Promoting an active
and healthy lifestyle
for young people



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TEEN FIT

Gym-based classes with an
instructor for ages 13–15

- ▶ Fridays, 17:00–18:00
- ▶ At YMCA Sports & Community Centre, Redhill
- ▶ £24 for each 4 week course



T 01737 779979
www.ymcaeast Surrey.org.uk
  YMCAEastSurrey

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YMCA

COURSE DATES 2019

Course 1 - 04/01/19	Course 2 - 01/02/19	Course 3 - 01/03/19	Course 4 - 29/03/19	Course 5 - 26/04/19
04 Jan 11 Jan 18 Jan 25 Jan	01 Feb 08 Feb 15 Feb 22 Feb	01 Mar 08 Mar 15 Mar 22 Mar	29 Mar 05 Apr 12 Apr 19 Apr*	26 Apr 03 May 10 May 17 May
Course 6 - 21/06/19	Course 7 - 06/09/19	Course 8 - 04/10/19	Course 9 - 01/11/19	Course 10 - 29/11/19
21 Jun 28 Jun 05 Jun 12 Jul	06 Sep 13 Sep 20 Sep 27 Sep	04 Oct 11 Oct 18 Oct 25 Oct	01 Nov 08 Nov 15 Nov 22 Nov	29 Nov 06 Dec 13 Dec 20 Dec

TEEN FIT BOOKING FORM

Date of booking

Name D.O.B. Age

Address

Postcode

Home telephone Mobile

Emergency name

Home telephone Mobile

Medical conditions

Course date 04/01/19 01/02/19 01/03/19 29/03/19 26/04/19
21/06/19 06/09/19 04/10/19 01/11/19 29/11/19

*** Please note 19 April course will start at 11:00**

Parent/guardian signature

Total paid Date

Receptionist Audit no.

(reception use only)

For more information visit www.ymcaeast Surrey.org.uk

Bookings must be made for the whole course and full payment must be made prior to the start of the course. No refunds can be given apart from in exceptional circumstance.

All children must be signed in on their first week by a parent/guardian; after that children can sign themselves in.

Each course is for 4 weeks. Additional courses will be available but are on a first come first served basis.

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