

Enriching lives, Expanding Opportunities

****Please check the box that applies to you****

Lifeguard Training Program

Youths between the ages of 15 through 21 can obtain Red Cross Lifeguard Certification through the Employment Training Program. Through our program you will learn the skills needed to become a great lifeguard. Lifeguarding can lead to careers in the aquatics field, such as pool operators, swim team coaches, and eventually directors of aquatics programs in organizations such as the YMCA. Certifications are presented upon successful completion of the program.

Media Production

The YMCA will offer youth the opportunity to participate in a media arts program. These youth will learn the basics of audio management, video production and digital photography. The program will offer weekly classes and involve the setup of a media arts studio and participation from his key staff members in teaching and training the youth in socially responsible media.

Personal Training Program

Group and individual fitness trainers are in high demand due to the increase in wellness fitness centers. Having a group and individual fitness certification would allow you to obtain employment and further develop a career in health and wellness. Through our program, you will learn muscular fitness, stretching, core stability, among many other techniques. In addition, you will learn how to run group and individual fitness training classes, such as aerobics. You must be at least 18 years of age to become a certified fitness trainer.

Employment, Career and Resume Workshops and Seminars (Life Skills)

Participants in the Employment Training Program are required to attend life skills sessions where you will learn the "ins and outs" of the workplace. One's ability to write a resume, cover letter, manage time, delegation, workplace etiquette, proper grooming and policies are essential to finding and maintaining employment in today's job market. Therefore, we know it is necessary to learn these skills in order to achieve success in our program.

Technology

We are teaching the fundamentals of Computer Science to youths. Our youths will learn the basics of computer hardware and software, web site creation, programming basics, etc.

****Failure to complete your training and employment skills workshop series can and will lead to your certifications being withheld. Acceptance to the program is based upon a successful interview with the director. ****

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****PLEASE PRINT****

Applicant Full Name:		Date:
Address:		Apartment Number:
City:	State:	Zip:
Age:	Date of Birth:	Applicant Phone Number:
Name of School:		
Program of Interest (Circle): A. Teen Swim Class / Lifeguard (Recertification's - \$150) B. Media (Only 10 Seats Available!) C. Technology D. Personal Training (Sept – Dec)	Annual Household Income (Required):	Household Occupancy:
Alt. Phone:	Email: (Please Print)	
Signature/Date: (under 16 years of age parent/guardian signature needed)		Parent/Guardian Name:
Emergency Contact Name:	Relationship:	Phone Number(s):
Race/Ethnicity:	Gender:	

For office use only

Date of Interview:	Membership Dates:
Enrolled Day:	Staff Signature:
Certification Date:	Date:
Outcome:	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Yonkers Family YMCA

Youth Development / Employment Training Program



**Courses run every quarter.
Space is Limited.**

Yonkers Family YMCA * 17 Riverdale Avenue, Yonkers, NY 10701 * (914) 963-0183 * <http://www.yoymca.org>

Registration form valid from January 1, 2016 – June 30, 2016