



Aquatic Personal Training

Contact Information

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Last one in the water is a ... Remember this challenge from your past? For today's fitness-conscious adults, it has found new meaning. Don't be the last person to discover the amazing power of aquatic exercise— for strength and cardio training, flexibility, relaxation, rehabilitation and weight management.

Aquatic Training can challenge anyone from the inactive to the most conditioned athlete. Why not give it a try?

Session Dates

Flexible scheduling available, by appointment only.

Time

Sessions are one hour in length or can be broken into 2-30 minute sessions.

Fees

Package	Individual Member Rate	Individual Non-Member Rate	* Small Group Member Rate	Expires
1 session	\$50	\$100	N/A	1 month
3 sessions	\$135	\$270	\$105 per person	3 months
5 sessions	\$220	\$440	\$175 per person	3 months
10 sessions	\$400	\$800	\$310 per person	6 months
15 sessions	\$525	\$1050	\$405 per person	6 months
25 sessions	\$825	\$1650	\$675 per person	9 months

- 10% discount may apply for subsequent packages; restrictions apply.
- Expiration date begins when first session is attended.
- * Small group sessions are available for 2 or 3 members with like goals.
- * Small group packages purchased per person.
- * Small groups must consist of the same 2-3 members attending each session together for the entire package.

Program Description

All Aquatic Personal training packages will include a fitness assessment and program tailored to meet your individual goals. The personalized training will provide you with constant motivation while maximizing your workout.

- Designing an easy to follow individualized program for participants
- The high resistance created by the water provides a tough workout to build toned arms, legs, and allow you to do movements not possible on land.
- Provide a tough workout with little to no impact on joints and bones.
- Help you reduce body fat percentage and increase endurance.
- Bring relief from injury or illness.
- Prevent joint or muscular injury, especially in those who are just starting and exercise routine or starting back from physical therapy!
- Sport-specific training programs such as Triathlons or Competitive Swimming.
- Assisting participants in setting attainable exercise goals.
- Developing healthier and more active habits that work around the participant's schedule.
- Easing fears and anxieties to help those new to exercise become more confident and independent.

Northeast Y

Registration Information

Registration

Complete the Personal Training Registration below. Return this, with payment, to the Front Desk at the Northeast Y. Upon registration and payment, a Personal Trainer will contact you via telephone to set up a consultation time.

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

Personal Training Registration

Name _____ Phone _____ Date _____

Address _____ City _____ Zip _____

Email _____ Birthdate _____ Age _____

Best Days/Times for Appointment _____

What are your goals for personal training? _____

What medical concerns, if any, do you have at the present time? _____

I (YMCA Member) _____ agree to pay in advance for all YMCA Personal Training sessions. I will be in attendance of all scheduled sessions and will give twenty-four hours notice to my Trainer if I will be unable to attend a session. If I fail to provide appropriate notice I understand I forfeit the fee I paid for that session. I understand the YMCA refund policy for all programs and classes.

Date _____ Signature _____

Number of sessions purchased _____ Total Paid \$ _____

YMCA Staff: Please receipt and return to the Aquatic Director