



Small Group Youth Training

2022 Summer Accepting groups NOW

Specific skills for: general fitness, baseball/softball, basketball, soccer, volleyball



Small group youth training is designed for youth ages 11 and older in groups of 3-5 participants. The groups will be instructed by a Certified Personal Trainer, keeping youth motivated and safe. The workout will focus on the skills that your group has chosen on the enrollment form. The workouts will be designed to teach proper technique and etiquette, playing an intricate part of each youth's health and active lifestyle.

How do I get started:

Step 1: Choose your group, minimum of 3 and maximum of 5 participants

Step 2: Complete and submit the Small Group Youth Training form on our website

www.haysmed.com/small-group-youth-training

(submit 1 form per group)

Step 3: Your group chooses 2 days/week and a one hour time slot for their workout

Step 4: The Center assigns you a trainer who will contact each participant in the group to schedule a start date

Step 5: Enrollment requires additional paperwork with parent on first visit

Sessions will be held indoors or outdoors. Bring a water bottle. Mask required when entering/leaving facility.

Fees:

\$90 per person for 8 sessions

\$165 per person for 16 sessions

Call 785-623-5900 for more information.

Rules and Bylaws

1. General: Youth training will have restricted privileges. Children enrolled in training program are allowed in the fitness areas based on day/times within the program.

2. Proper Attire: All participants are expected to wear appropriate attire when using The Center. Closed toe supportive footwear and shirts are required at all times in all areas outside the locker rooms and pool areas. Members who wear any attire that is thought inappropriate by management will be asked to change.

3. Cell Phones/Cameras/Mobile Electronic Devices: To protect the privacy of The Center Members, the use of cell phones, cameras, or other mobile electronic devices ("Electronic Devices") in the locker rooms, restrooms, exercise studios, Aquatic Area, or locker room lounges is **strictly prohibited**. Electronic Devices may not be used when a Member is using any fitness equipment or weight machines, unless the Electronic Device is used solely to listen to music, watch a pre-recorded movie, read a digital book, play electronic games, or track the Member's exercise routine. Headphones must be worn any time a permitted use of the Electronic Device includes audio.

Cell phone ringers must be turned to silent or vibrate at all times while in The Center. Cell phones may be used in **designated cell phone usage areas only** (Juice Bar and Breezeways), and conversations should be:

- a). Limited to urgent use only; and
- b). Conducted as quietly and briefly as possible, so as not to disturb others.

4. Photographs/Videos: Taking any photos or videos in The Center is strictly prohibited without obtaining prior written authorization from The Center Management.

5. Weapons: No weapons of any kind are allowed in The Center or on Hays Medical Center property.

6. Locker Room Rules:

- Adult Locker Rooms are designated for members 13 or older.
- Children under the age of 13 are **not allowed** in main locker rooms at anytime. Family locker rooms and auxiliary locker rooms are designed for families with children under 13, swimming lessons, birthday parties, family swim and special-needs members. Please ask staff for appropriate instructions/location.

7. Suspension/Termination of Membership by

Management: Management has the right to suspend and/or terminate a membership for any reason deemed sufficient in the sole discretion of management, including, but not limited to

- a). Non-payment of dues
- b). Violation of any Center Rule, Regulation, or Privilege
- c). Behavior that interferes with any Member's enjoyment of The Center, or
- d). Behavior that poses a threat to the health or safety of any Member or the management team.

A membership is not eligible for re-instatement unless it was terminated as a result of a failure to pay membership dues.

8. General Rules – All Pools:

- Children under age 13 may **only** use the lap swimming pool during designated family swim time, but must be under the direct supervision of a parent or other adult age 18 or older at all times.
- We require that children **who are members** under the age of 16 be supervised by an adult, 18 or older.
- Children under the age of 16 are not permitted in the whirlpool or therapy pool at any time except for Center sponsored events that permit such use.

The Center for Health Improvement Small Group Youth Training

| Youth Name | Age | Parent/Gardian Name | Phone Number | Email Address |
|------------|-----|---------------------|--------------|---------------|
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| | | | | |

*Main contact

Which days of the week would you like to train? Please check all that apply:

DAY 1:

Monday
 Tuesday
 Wednesday
 Thursday
 Friday

Time available on Day 1 (1 hour increments) _____

DAY 2:

Monday
 Tuesday
 Wednesday
 Thursday
 Friday

Time available on Day 2 (1 hour increments) _____

Is there a specific reason you decided to participate in Small Group Youth Training? Please check all skills of why you decided to participate:

- | | |
|--|--|
| <input type="checkbox"/> Agility <input type="checkbox"/> Balance <input type="checkbox"/> Coordination <input type="checkbox"/> Core <input type="checkbox"/> Endurance | <input type="checkbox"/> Power <input type="checkbox"/> Speed <input type="checkbox"/> Strength <input type="checkbox"/> Specific sport: _____ <input type="checkbox"/> Other: _____ |
|--|--|

Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer/Corporate Compliance Officer
 Hays Medical Center
 2220 Canterbury Drive
 Hays, Kansas 67601
 Telephone Number: 785.650.2759
 TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
 Fax: 785.623.5524
 Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer/Corporate Compliance Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

SPANISH
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE
 CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

CHINESE
 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN
 ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

KOREAN
 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777)

LAOTIAN
 ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ,
 ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

ARABIC
 ملحوظة: بالمجان لك تتوافر اللغوية المساعدة خدمات فإن، اللغة اذكر تتحدث كنت إذا ملحوظة: 1-855-429-7633 (TTY: 1-800-766-3777).

TAGALOG
 PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

BURMESE
 သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကားကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက်
 စီစဉ်ထားရှိပေးပါမည်။
 ၇၆၆-၆၀၀၀ 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ခေါ်ဆိုပါ။

FRENCH
 ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE
 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RUSSIAN
 ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

HMONG
 LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

PERSIAN (FARSI)
 توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. یا (TTY: 1-800-766-3777) تماس بگیرید. 1-855-429-7633

SWAHILI
 KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).