

**NEW YORK CHIROPRACTIC COLLEGE
DEPARTMENT OF HEALTH & FITNESS EDUCATION
2360 STATE ROUTE 89, SENECA FALLS, NY 13148
PROGRAM REGISTRATION FORM**



NAME: _____ PROGRAM: _____

NYCC CAMPUS ADDRESS: **MAILBOX #** _____ DAY AND TIME OF PROGRAM: _____

ADDRESS: _____ PHONE: DAY _____

_____ EVENING _____

E-MAIL ADDRESS: _____ AGE: _____ (Required for anyone under 18 yrs. of age)

MEDICAL INSURANCE CARRIER _____ PARENT/GUARDIAN INFORMATION:
PARENT/GUARDIAN NAME _____
(Mandatory for anyone under the age of 18)

NAME OF INSURED _____ ADDRESS _____

EMERGENCY CONTACT _____ TELEPHONE _____

TELEPHONE _____

MEMBERSHIP STATUS: (Circle one)

- | | | | |
|--------------|---------------------|------------------------|------------------------|
| NYCC STUDENT | NYCC STUDENT SPOUSE | NYCC STUDENT DEPENDENT | SILVER SNEAKERS MEMBER |
| YOUTH MEMBER | YOUTH NON-MEMBER | ADULT MEMBER | ADULT NON-MEMBER |

The named applicant to participate in the above mentioned program is registering with the understanding that certain activities require a minimum level of fitness and health (physical, mental and emotional) and each person has a different capacity for participating in these activities. The above named participant warrants being physically fit to participate and understands the choice to participate brings with it the assumption of those risks and results which are part of their participation. They furthermore waive and release the New York Chiropractic College and their staff from any and all liability for injuries which may occur while participating in the above program and will hold the New York Chiropractic College and its staff harmless for any and all medical expenses incurred.

NON-MEMBER ATHLETIC CENTER UTILIZATION PRIVILEGES

The NYCC Department of Health & Fitness is pleased to continue to provide the opportunity for the above named individual to participate in the instructional program listed above. In doing so, there are a few Athletic Center facility rules which need to be adhered to:
The participant will be required to present their valid program pass to the front reception desk upon entering the facility for each scheduled class. Passes will be distributed at your first class. The named program participant is eligible to participate in only the program they have registered for on the given dates, times and location of the program. Athletic Center privileges will not be extended to any other person other than the registered participant. Children are not permitted into classes that they are not registered for. Use of the Athletic Center is a privilege. Acceptable conduct must be observed at all times. Anyone violating policies, misusing equipment or engaging in inappropriate behavior, including verbal and physical abuse of employees and patrons is subject to immediate removal and loss of privileges. No refunds will be granted.

I have read and understand the above Athletic Center facility rules concerning my participation in the above named program.

SIGNATURE _____ DATE _____

PAYMENT INFORMATION:

PLEASE MAKE CHECKS PAYABLE TO NYCC AND MAIL TO:
NEW YORK CHIROPRACTIC COLLEGE
HEALTH & FITNESS CENTER
2360 STATE ROUTE 89
SENECA FALLS, NY 13148



**PROGRAM BROCHURE
JANUARY - APRIL 2019**



[FACEBOOK.COM/NYCCHEALTHFITNESS](https://www.facebook.com/NYCCHEALTHFITNESS)

DISCLAIMER: Class cancellations due to inclement weather will not be made up or refunded.

FITNESS CLASSES

CLASSES BEGIN THE WEEK OF JANUARY 14, 2019

NO CLASSES JANUARY 21& FEBRUARY 18, 2019

Silver Circuit - 10:00—11:00 am - 1/14—3/27/19

Monday/Wednesday **Silver Sneakers® Members—FREE**
Member—\$45 Non-member—\$70

Silver Yoga - 11:00 am—12 Noon- 1/14—3/27/19

Monday/Wednesday **Silver Sneakers Members—FREE**
Member—\$45 Non-member—\$70

Silver Cardio Boost - 8:00 – 9:00 am - 1/15—3/21/19

Tuesday/Thursday **Silver Sneakers® Members—FREE**
Member—\$45 Non-member—\$70

Silver Classic - 9:15 – 10:15 am- 1/15—3/21/19

Tuesday/Thursday **Silver Sneakers® Members—FREE**
Member—\$45 Non-member—\$70

Vinyasa Yoga—6:15—7:15 pm—1/14—3/27/19

Monday/Wednesday
NYCC Student—\$30 Member—\$80 Non-member—\$100

HIIT (High Intensity Interval Training) Class

6:15-7:15 pm—1/15—3/21/19

Tuesday/Thursday
NYCC Student—\$30 Member—\$80 Non-member—\$100

PERSONAL TRAINING

FREE CONSULTATION

4 SESSIONS \$80.00

FOR MORE INFORMATION OR TO
SCHEDULE A SESSION/CONSULT, PLEASE CALL
DUSTIN DILLARD @ 568-3257 OR
ROBERTA WINTERS @ 568-3254

AQUATIC CLASSES

CLASSES BEGIN THE WEEK OF JANUARY 14, 2019

NO CLASSES JANUARY 21& FEBRUARY 18, 2019

Daytime Aquacise— 11:15 am – 12 noon—1/14—4/10/19

Monday/Wednesday/Friday
Member—\$50 Non-member—\$75

Evening Aquacise—6:30 – 7:15 pm - 1/14—4/10/19

Monday/Wednesday
Member—\$45 Non-Member—\$70

Daytime Water Walking - 9:00 – 9:45 am 1/14—4/10/19

Monday/Wednesday/Friday
Member—\$50 Non-member—\$75

Aqua Fit—7:30—8:30 pm—1/14—3/27/19

Monday/Wednesday
Member—\$45 Non—Member—\$70

Evening Water Walking—6:00 – 6:45 pm—1/15—4/4/19

Tuesday/Thursday
Member—\$45 Non—Member—\$70

Silver Splash Class—9:00 – 9:45 am - 1/15—4/4/19

Tuesday/Thursday **Silver Sneaker Members—FREE**
Member—\$45 Non—Member—\$70

Lifeguard Training Class—Winter 2019

NYCC Students—\$150 All other—\$250
Call for Details—568-3257

American Red Cross Swim Lessons

Saturdays, 2/2, 2/9, 2/16, 3/2, 3/9, 3/16/2019

NO LESSONS 2/23/19

Infant—9:15—9:45 am Level 1—10—10:30 am
Level 2—10:45—11:15 am Level 3—10—10:30 am
Level 4—10:45-11:15 am Level 5 & 6- 9:15-9:45 am

Member—\$30 Non-Member—\$45

DISCLAIMER:

- Class cancellations due to inclement weather will not be made up or refunded.
- No refunds after the first two weeks of classes

**STOP BY THE OFFICE TO SEE IF YOU ARE
ELIGIBLE FOR OUR
SILVER & FIT, OPTUM FITNESS ADVANTAGE,
OR SILVER SNEAKERS PROGRAMS**

HOURS OF OPERATION

MONDAY—THURSDAY— 6 AM—9 PM

FRIDAY— 6 AM—7 PM

SATURDAY— 7 AM—1 PM

SUNDAY— 9 AM—2 PM

LOCKER RENTALS

Community Members—\$50/year

NYCC Staff—\$40/year

NYCC Students—\$10/trimester

ANNUAL COMMUNITY MEMBER RATES

Family—\$495

Adult—\$385

Young Adult (18—20)—\$250

Single Parent w/dependents—\$300

Clergy Family—\$385

Clergy Single—\$300

Alumni Single—\$200—Family—\$250

Senior Citizen Couple—\$215

Senior Citizen—\$120

Disabled—\$120

***Active members of the Armed Forces, Police, and Fire
Departments are eligible for discounted
memberships.**

PICKLEBALL

Tuesday-Open play 4:30—7 pm

Thursday-Open play 10 am—1 pm

Sunday-Open Play 9—11 am

FREE to members

\$3/session-non-members

**Lessons available 30 minutes prior to play, please
call 568-3254 to schedule a lesson.**