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

NAME: 
NYCC CAMPUS ADDRESS: MAILBOX# 
ADDRESS: 

PROGRAM: 
DAY AND TIME OF PROGRAM: 
PHONE: DAY 
EVENING 

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

MEDICAL INSURANCE CARRIER 
NAME OF INSURED 
EMERGENCY CONTACT, 
TELEPHONE 

PARENT GUARDIAN INFORMATION:
NAME OF GUARDIAN NAME (Mandatory for anyone under the age of 18)

ADDRESS 
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 that a person has a different capacity for participating in these activities. The above named applicant 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 is 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 date, 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

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

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

Aquafit - 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 - 1/15-4/19
Tuesday/Thursday
Member $45 Non-member $70

Silver Splash Class - 9:00-9:45 am - 1/15-4/19
Tuesday/Thursday Silver Sneakers 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

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

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/dependent—$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.