



My Y Questionnaire

Answering these questions will help us ensure you get the most out of your Y experience.

I heard about the Y through:

(Check all that apply)

- | | | | |
|---|-----------|-------------------|------------------|
| Radio | Billboard | Direct mail/flyer | Facebook |
| Newspaper | Work | Former member | Medical referral |
| Referred by a Y member (who please, we'd like to thank them.) | | | |

Other _____

My main areas of interests are:

(Check all that apply)

- | | | |
|-------------------|-----------------------|-------------------|
| Group Exercise | Child Care | Family Rec. |
| Group Cycling | Coaching | Volunteerism |
| Strength Training | Parent/Child Programs | Fundraising |
| Sports | Teen Activities | Board Member |
| Summer Camp | Senior Programs | Social Activities |
| Swim Lessons | Aquatics | Other |

COMMENTS: _____

Please complete and return the orientation request sheet found in your new member packet to help you learn how to correctly use the equipment or speak with a personal trainer about your fitness goals.

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

