



My YMCA Questionnaire

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

I heard about the YMCA through: (Circle all that apply)

- | | | |
|--|------------------|---------------------|
| Direct Mail/Flyer | Magazine | Place of Employment |
| Email | Medical Referral | Radio |
| Facebook | Member | School Flyer |
| Former Member | Newspaper | Television |
| Friend/Family | Online | YMCA |
| Local Event | Outdoor Sign | |
| Referred by a current YMCA member (Name if applicable) _____ | | Other _____ |

My main areas of interests are: (Circle all that apply)

- | | | |
|---------------------------|-----------------------|--------------------|
| Aerobics - Group Exercise | Fundraising | Sports |
| Aquatics | Parent/Child Programs | Strength Training |
| Board Member | Pickleball | Summer Camp |
| Child Care | Racquetball | Teen Activities |
| Coaching | Senior Programs | Volunteerism |
| Family Recreation | Social Activities | Youth Swim Lessons |
| Foreverwell | Spinning | |
| Other _____ | | |

Interested in volunteering? Areas of interest _____

My wellness goals are: (Circle all that apply)

- | | | |
|-----------------------------|---------------------------|-------------------------------|
| Socialization/ Meet Friends | Cardiovascular Fitness | Improve Balance & Flexibility |
| Stress Management | Improve Physical Strength | Weight Management |
| Self-Improvement | Improve Mental Health | Peer Support |
| Other _____ | | |

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

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