



WORKING WITH YOU FROM START TO FINISH

Transition Fitness

Transition Fitness is a program to assist you from physical therapy to individual training. With a physical therapist referral, members can enter into the program at no cost. During this time, you will work with an orthopedic exercise specialist to continue the work you started at physical therapy. You will meet twice a week for 3 weeks and then once a week for an additional 3 weeks.

Registration: January 2 - 8

Program Start Date: January 11

Program is offered at no cost to members and participants must have a completed referral. Complete back of form and bring to front desk to register.

For more information, contact Sarah Knowlton at (803)-774-2507



SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

PROGRAM REFERRAL – TRANSITION FITNESS

Provide a referral for your client to enroll in **Transition Fitness** today.

Participants name: _____

Phone number: _____ Date of birth: _____

Availability:

*Please circle one Morning Evening

Please check requirements for eligibility:

Age 15 or older Y/N

Is medically cleared to attend by physician Y/N

Physical Therapist: _____

Address: _____

Phone number: _____

Physical Therapist Signature

Date

Participant Signature

Date

I authorize the use and disclosure of my health information for the purpose of this program.

Please return to the YMCA to process registration with member services.