



# 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 three weeks, then once a week for an additional three weeks.

Participants must be members of the Y to participate.

Program is offered at no cost to members and must have a completed referral.

Complete the referral 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.