



Canandaigua Family YMCA Free Wellness Orientation

New Members are invited to participate in an orientation to acquaint themselves with the Wellness Center. There is NO COST for the orientation. Appointments are 1 hour and by be schedule in groups of 3.

Please fill out this form and return to the Canandaigua YMCA to get started today!

Member Name: _____ Date: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Silver Sneakers Participants Please Check Here

Wellness Center Official Use Only

Date Completed:

Wellness Coach:

Instructors Notes: