



Program Information

Get ready to lace up and have a blast! Youth in Motion is not just a fitness and running program – it's an adventure that helps kids build strength, confidence, and endurance while living out the YMCA's four core values: caring, honesty, respect, and responsibility.

Through games, challenges, and creative activities, participants will discover how fun running can be while growing healthier, happier, and more confident every step of the way.

The grand finale? Every runner will celebrate their hard work by running a 5k and crossing the finish line at the Holiday Run Festival 5k on Saturday, December 5th, 2026. Come run, laugh, and shine with us—because every mile is a victory!

Registration Information

- **Cost: FREE thanks to Brightspeed**
- **Who Can Join: Boys and Girls in 3rd–5th grade**
- **What is Included: Weekly practices, a free race shirt and free entry in the Holiday Run Festival 5k**

Turn in your completed form to your school or the YMCA. If you have questions or would like more details, please contact Larissa Lozano at larissa@martinsvilleymca.com.

Team Information

Get ready for an exciting season! Our 10-week program begins the week of September 21, 2026, with team locations and practice dates listed below. Space is limited, and registrations are accepted on a first come, first served basis, so don't wait to secure your spot.

Participants will stay after school on practice days and must be picked up promptly when practice ends. Please note that repeated late pick-ups may result in dismissal from the program.

Join us for a fun and rewarding season — we can't wait to see you on the team!



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

Fall 2026 Youth in Motion (Miles in Martinsville) Registration Form

This program is available for all boys and girls in grades 3-5.

Please choose the box below with the school.

- | | |
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| ☐ Albert Harris Elementary School | ☐ Rich Acres Elementary School |
| ☐ Drewry Mason Elementary School | ☐ Sanville Elementary School |
| ☐ Meadowview Elementary School | |

To ensure placement on the team, please turn the registration form in before the season starts. You may deliver the form to the Martinsville YMCA or the school.

Participant's Name: _____ M ____ F ____ T-shirt Size _____

Date of Birth: _____ Age: _____ Grade: _____ School: _____

Mailing Address: _____

Names of Parents/Guardians: _____ Parent D.O.B. ____/____/____

Best Contact Phone Number: _____ Other Phone Number: _____

Email Address: _____

Medical Info: List any special needs, physical limitations, allergies, or medications needed to be known to your child's coach: _____

WAIVER: In order to participate in said program as parent or guardian, I assume the risk of any and all injuries to or by the participant. I hereby agree to indemnify and hold harmless the Martinsville-Henry County Family YMCA, its successors, assigns, and the Martinsville City Council from any and all claims for any and all injuries suffered or caused by said participant due to participation in said activity. It is likewise assumed that said participant will wear the proper clothing and protective equipment during said program, whether or not said equipment is provided by Martinsville Henry County Family YMCA, and that it is the responsibility of the parent or guardian to make sure these criteria is met. I grant my permission to transport said participant to and from event when required and hold harmless those assigned to transport. I also agree to allow transportation of said participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured said participant when deemed necessary. I also understand that sports are dangerous by nature, and serious injury or death could result from participation in the said activity. I also agree to allow Martinsville Henry County Family YMCA staff to photograph the said participant in the said activity and use those pictures for promotional purposes.

I HAVE READ AND FULLY UNDERSTAND ALL INFORMATION INCLUDED IN THE ABOVE NOTICE AND WAIVER.

Parent/Guardian Signature: _____ Date: _____

Please Circle if you would like to 1. Coach/Assist 2. Be a Sponsor