



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACT! ACTIVELY CHANGING TOGETHER

EATING WELL. PLAYING MORE.

Ready for a healthy change? Looking for ways to help your child eat well and be more active?

ACT! is a 12 week program for youth 8-14 years and their parents promoting healthy nutrition, activity and lifestyles developed in partnership with providers and professionals at Seattle Children's Hospital and the Y of Greater Seattle.

- One 90-minute group session per week for 12 weeks
- Y family membership to use between weekly sessions
- A nutritionist and physical activity coach lead each session
- Parents join the program together with their kids
- Energizing games, activities and light meals
- Offered twice a year (Fall and Winter)
- Referrals are welcome year-round



READY TO ACT! NOW?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, registered dietitian or any licensed healthcare provider) youth must have a body mass index (BMI) $\geq 85^{\text{th}}$ percentile. You and your child's healthcare provider can complete this form and fax it to your preferred Y branch. The YMCA will contact interested families after receiving the referral.

Parent completes the following:

- I would like to receive more information about ACT!
- I am ready to reserve a spot in the ACT! program and confirm that this child is physically and emotionally able to participate in group physical activity

Child Age _____ Child Sex Male Female

Child/Teen name _____

Parent/Guardian name _____

Address _____

Preferred contact phone _____

Email address _____

How did you find out about ACT!/? _____

Preferred Y branch (see list on back) _____

Provider completes the following:

Additional Health Information (allergies/illnesses?)

I confirm this child/teen is eligible for ACT! with age 8-14 years and BMI $\geq 85^{\text{th}}$ percentile for age

Child/Teen height (cm) _____ Weight (kg) _____

Provider name _____

Signature _____

Date _____

Clinic _____

Email or Fax _____

See reverse side for where to send completed form.

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.





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PROGRAM LOCATIONS

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Kids: Ages 8 – 11 Teens: Ages 12 – 14

Referrals are welcome year-round for programs starting in the fall and mid-winter. Please call your local branch with questions.

YMCA OF GREATER SEATTLE	Registration forms should be emailed/faxed to each branch .
AUBURN VALLEY YMCA (Spanish program available) 1620 Perimeter Rd SW Auburn, WA 98001 Kerry Ashby - kashby@seattleyymca.org P 253 833 2770 F 253 833 2771	SAMMAMISH COMMUNITY YMCA 831 228 th Ave SE Sammamish, WA 98075 Katie Fraser - kfraser@seattleyymca.org P 425 395 7626 F 844 836 8957
DALE TURNER FAMILY YMCA, SHORELINE 19290 Aurora Ave N Shoreline, WA 98133 Sean Klever - sklever@seattleyymca.org P 206 363 0446 F 206 363 3142	COAL CREEK YMCA 13750 Newcastle Golf Club Rd Newcastle, WA 98059 Kristin Corcoran - kcorcoran@seattleyymca.org P 425 282 1517 F 844 836 8957
MATT GRIFFIN YMCA, SEATAC (Spanish program available) 3595 S 188 th St SeaTac, WA 98188 Megan Schlaud - mschlaud@seattleyymca.org P 206 244 5880 F 206 244 5881	BELLEVUE YMCA 14230 Bel-Red Road, Bellevue WA 98007 Anne McDowell- amcdowell@seattleyymca.org P 425 990 6973 F 425 746 6265
MEREDITH MATTHEWS EAST MADISON YMCA, SEATTLE (Spanish program available) 1700 23 rd Ave Seattle, WA 98122 Shalimar Gonzales - sgonzales@seattleyymca.org P 206 556 3034 F 206 5248613	NORTHSHORE YMCA, BOTHELL 11811 NE 195 th St Bothell, WA 98011 Susie Fox - sfox@seattleyymca.org P 425 485 9797 F 844 836 8957
UNIVERSITY YMCA, SEATTLE 5003 12 th Ave NE Seattle, WA 98105 Cathy House - chouse@seattleyymca.org P 206 524 1400 F 844 836 8957	DOWNTOWN SEATTLE YMCA 909 4th Ave Seattle, WA 98104 Sarah Smith - ssmith@seattleyymca.org P 206 382 5017 F 206 382 7283
WEST SEATTLE & FAUNTLEROY YMCA 4515 36 th Ave SW Seattle, WA 98126 Lindsay Exley - lexley@seattleyymca.org P 206 935 6000 F 206 938 1676	If you are unsure of what branch is closest to you, contact us at 206 344 3181 or ChronicDiseasePrevention@seattleyymca.org
The ACT! program is also offered in Olympia, Yakima, Pierce Kitsap County and Whatcom County. Please contact the local YMCA to find out more about ACT! programming in these areas.	

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