

YWCA Greater Newburyport

*Is dedicated to eliminating racism, empowering women
and promoting peace, justice, freedom and dignity for all*

ENCORE & AFTER ENCORE

We are so glad you are here.

The YWCA Encore Program is a free 12-week program designed specifically for cancer survivors who are ready to take a step toward better health, strength, and community. Whether you are brand new to exercise or returning after treatment, Encore meets you where you are.

YOUR PROGRAM CONTACT

Ilene Harnch-Grady

Health & Wellness / Encore Director

(978) 225-6510

igrady@ywcaneburyport.org

www.ywcaneburyport.org

13 Market Street, Newburyport, MA 01950 | (978) 225-6510

Open Registration dates: Jan 1, March 1, May 1, July 1, Sept 1, Nov 1



Land Class



Pool Class

GETTING STARTED

Step 1 — Complete the Encore Registration Form

The registration form includes your doctor's authorization. You can obtain the form:

- Online at www.ywcanewburyport.org/Encore
- In person at the Membership Desk

Once complete, submit your form to Ilene Harnch-Grady:

- Email: igrady@ywcanewburyport.org
- Mail/Drop-off: YWCA, 13 Market Street, Newburyport, MA 01950

Step 2 — Await Your Confirmation Email

You will be contacted by email to schedule your start date. Prior to your first class, please complete all attached forms:

- Encore New Participant Form: Complete sections 1–4 only
- Fullerton Functional Fitness Assessment Worksheet: Complete top portion only (Physical Assessment Test done on Day #1)
- Physical Activity Assessment Tool: Complete all sections
- Quality of Life Input Form: Complete all sections

Step 3 — Your First Class

Please arrive **30 minutes early** on your first day to complete the intake process and physical fitness assessment.

- Wear comfortable clothing and supportive footwear
- Bring water

Class Schedule

Class	Day(s)	Time
Warm Water Pool Class	Monday & Thursday Tuesday	6:05 pm 12:30 pm
Land Class	Tuesday Thursday	11:30 am 5:15 pm

What to Bring

Land Classes (Group Exercise Room, 2nd Floor)

- Comfortable clothing
- Supportive footwear (sneakers)
- Water

Warm Water Pool Classes

- Bathing suit
- Towel & water shoes (suggested)
- Water
- Lockers available in Women's Locker Room (locks not provided)

ENCORE REGISTRATION FORM

ENCORE PARTICIPANT INFORMATION Start Date: _____

First Name _____	Last Name _____
Street Address _____	Emergency Contact & Phone _____
City _____	State _____
Date of Birth _____	Email Address _____
Primary Phone _____	Secondary Phone _____
How did you learn about Encore? _____	Hospital / Doctor's Name _____
Age at Diagnosis _____	Date of Diagnosis _____

Diagnosis (Type / Stage / Grade):

Household Income:

\$25-49 ____ \$50-79 ____ \$80-100 ____ \$100+

Health Insurance:

Y ____ N ____ Private: _____
Medicare: _____

Current Exercise Routine:

Program Goals:

YWCA Greater Newburyport Encore Program: Terms and Conditions

Medical Clearance Form: This certifies that the above named patient is in my care and I have examined him/her and determined that he/she is able to engage in physical exercise in accordance with the Encore Program including gentle land exercise and exercise in the warm water pool.

Doctor's Name (Please print): _____

Doctor's Signature: _____ Date: _____

Photo Clearance Form: I acknowledge that from time to time the YWCA Greater Newburyport takes pictures of its members to include in its own publications and for promotional materials. Unless signed below, I give my permission to use any photographs of myself and/or my family members in YWCA Greater Newburyport publications and promotional materials.

Signature: _____ Date: _____

I decline to allow the YWCA Greater Newburyport to use any pictures of myself or my family members: _____

Waiver of Liability: My signature below indicates that I have read the YWCA Greater Newburyport Waiver of Liability and accept all terms and conditions.

Signature: _____ Date: _____

On behalf of the YWCA, welcome to the Encore program.

Ilene Harnch-Grady

Health & Wellness Director | Encore Director/Lead Facilitator

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