



UFH/YMCA of Delaware
Physician Referral Authorization

Patient Information:

Name: _____

Address: _____

Phone: _____

Email: _____

Date of Birth: _____

Online Registration required prior to taking this signed form into the facility to initiate membership.

Registration Link: https://ymcade.formstack.com/forms/unite_for_her

Patient is cleared for unsupervised exercise. If there are any precautions/special conditions, please list them here:

Medical Provider Information:

Name (print): _____

Signature: _____

Date: _____

Phone: _____

Offer includes YMCA 6-month adult membership.

- When you click on the registration link, please select the YMCA branch that is most convenient for you.
- Be sure to bring your Unite for HER passport and bring identification to your first visit.
- You must use the facility at least four times per month in order to keep the membership active.

After completing the above link prior to your first YMCA visit, please bring in the paper form.

For YMCA Staff Use

- Verify Unite for HER passport and photo ID
- Take picture and provide membership card
- Offer tour and FitQuest appointment

Delaware YMCA Locations

Bear-Glasgow Family YMCA

351 George Williams Way
Newark, DE 19702

Brandywine YMCA

3 Mount Lebanon Road
Wilmington, DE 19803

Central YMCA

501 West Eleventh Street
Wilmington, DE 19801

Dover YMCA

1137 South State Street
Dover, DE 19901

Middletown YMCA

404 N. Cass Street
Middletown, DE 19709

Sussex Family YMCA

20080 Church Street
Rehoboth Beach, DE 19971

Western Family YMCA

2600 Kirkwood Highway
Newark, DE 19711