

Stages of Certification

Stage 1- Basic Theory

Stage 2- Applied Theory

Stage 3- Apprenticeship (Peer Teaching)

Stage 4- Practicum

Stage 5- Evaluation and Certification

Recertification



Basic Theory

The Basic Theory course is a pre-requisite to both the Group Fitness and the Individual Conditioning Program.

Basic Theory lays the foundation for all modalities, covering leadership, anatomy, physiology, movement mechanics, exercise design, nutrition and more. Successful completion of in- class written tests, and take home assignments is required.

YMCA Fitness Leadership Courses:

The YMCA developed the first nationally recognized fitness leadership program in 1974 and has continued to train individuals since.

You will be part of a National Movement that depends on a multitude of caring volunteers to help build healthy kids, families and communities

Mission Statement

The YMCA is an inclusive, charitable organization, providing opportunities for the development of personal and community health.

Core Values

YMCA Core Values guide our everyday decisions and actions. We challenge everyone involved with us to accept and demonstrate positive values. Our core values are Caring, Honesty, Respect and Responsibility



Do you want to be a...

PERSONAL TRAINER

or

**GROUP FITNESS
INSTRUCTOR**



*Nationally Recognized
Certification!!*



Applied Theory
Individual Conditioning Course:

As a personal trainer you will enjoy a career that is both financially and emotionally rewarding, that gives you the independence of being your own boss and the flexibility to build your career around your life. You may choose to work on the gym floor, in the park, at a client's home or even poolside.

You could choose to work full-time or part-time within a gym/health club or become self employed, training a wide range of individual clients.

Your clients will have many different aspirations, and levels of fitness and their development will be in your hands.

Individual Conditioning
Level I

In this course you will learn the basics of fitness and the importance of a comprehensive fitness program. Communication and relationship building are also important building blocks.

Individual Conditioning
Level II

In this 16 hour course you will learn the basics of conditioning techniques, program design, cardiovascular and resistance training equipment, advanced theory and more.

Next Course Dates:
2012

Basic Theory

February 4, 11 & 18 9-5pm

Fundamentals of Group Fitness

March 10 9-5pm

Individual Conditioning

Level II

March 3 & 4 9-5pm

Course Costs:

Personal Training Course:

Members: \$265 + HST with volunteer commitment *

Members: \$430 + HST

Group Fitness Course:

Members: \$265 + HST with volunteer commitment *

Members: \$430 + HST

Prerequisites:

- ✓ Participants must be a minimum of 16 years
- ✓ Current Heartsaver CPR Level C
- ✓ First Aid is Recommended

For more information:

* please contact Chris Leney
748-9642 x 706, Lifestyle_staff@ymca.ca

Applied Theory:

Group Fitness Instructor Course:

Group fitness instructors work in fitness centres and health clubs, they also teach in community centres, church halls, schools - in fact, wherever there's a suitable space and a stereo.

A majority of studio instructors work freelance, delivering a number of classes a week, boosting their income and enjoying the flexibility to work around their existing lifestyle. Some decide to teach full-time and they often become involved in the coordinating class programming in a variety of facilities.

Wherever studio instructors go with their career, one thing they all share is a love of music and a love of fitness.

Fundamentals of Group Fitness

This is an 8 hour classroom course that covers teaching considerations, components of a fitness class, and music.

Group Fitness Stream Options:

Choreography
Group Resistance
Core Strength and Stretch
Cyclefit
Aquafit