

YMCA CANADA COURSES WINTER 2012

FITNESS LEADERSHIP CERTIFICATION

Registration begins December 1, 2011

100% attendance is required for all courses.

Basic Personal Trainer Course

Date	Day	Time	Facility	Fee	Member (M) / Non-Member (NM)
Step 1 Individual Conditioning Level 1					
Jan - 17	Tuesday	5 - 9 pm	CPFY (classroom course)	M \$50 / NM \$75	
Jan - 19	Thursday	5 - 9 pm	CPFY (group apprenticeship)	No charge	
Step 2 Basic Fitness Theory (24 hours)					
Jan 24 - Feb 9	Tues & Thur	5 - 9 pm	CPFY (classroom course)	M \$75 / NM \$100	
Step 3 Individual Conditioning Level 2					
Feb 25 & 26	Sat & Sun	9 am - 5:30 pm	CPFY (classroom course)	M \$50 / NM \$75	
Mar 6, 8, 13	Tues & Thur	5 - 9 pm	CPFY (group apprenticeship)	No charge	
Step 4 Practicum (Level 1- 2 hours. Level 2- 8 hours)					
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.				No charge	
Step 5 Evaluation & Certification					
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.				No charge	

Aquafit Instructor Course

Date	Day	Time	Facility	Fee	Member (M) / Non-Member (NM)
Step 1 Basic Fitness Theory (24 hours)					
Jan 24 - Feb 9	Tues & Thur	5 - 9 pm	CPFY (classroom course)	M \$75 / NM \$100	
Step 2 Fundamentals of Group Fitness (8 hours)					
Mar - 04	Sunday	9 - 5:30 pm	CPFY (classroom course)	M \$50 / NM \$75	
Step 3 Aquatic Fitness Course					
Mar - 24	Saturday	9 - 5:30 pm	CPFY (classroom/pool session)	M \$50 / NM \$75	
Mar - 25	Sunday	8:30 am - 12:30 pm	CPFY (group apprenticeship-pool)	No charge	
Step 4 Practicum (4 hours minimum)					
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.				No charge	
Step 5 Evaluation & Certification					
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.				No charge	

Core Strength & Stretch Instructor Course

Date	Day	Time	Facility	Fee	Member (M) / Non-Member (NM)
Step 1 Basic Fitness Theory (24 hours)					
Jan 24 - Feb 9	Tues & Thur	5 - 9 pm	CPFY (classroom course)	M \$75 / NM \$100	
Step 2 Fundamentals of Group Fitness (8 hours)					
Mar - 04	Sunday	9 - 5:30 pm	CPFY (classroom course)	M \$50 / NM \$75	
Step 3 Group Core Strength and Stretch Course					
Apr - 21	Saturday	9 - 5:30 pm	CPFY (classroom course)	M \$50 / NM \$75	
Apr - 22	Sunday	4 - 8 pm	CPFY (group apprenticeship)	No charge	
Step 4 Practicum (4 hours minimum)					
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.				No charge	
Step 5 Evaluation & Certification					
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.				No charge	