

YMCA CANADA FITNESS LEADERSHIP PROGRAM

Fall/Winter 2010 - 2011

Individual Conditioning (IC)

Choose only one course under each step (100% attendance required)

Step 1: Basic Theory (24 hrs) **Regatta Plaza**
January 10 - 26 Monday/Wednesday 5:00 pm - 9:00 pm

Step 2: IC Level 1 Applied Theory (4 hrs) **Regatta Plaza**
October 7 Thursday 5:00 pm - 9:00 pm
February 7 Monday 5:00 pm - 9:00 pm
April 6 Wednesday 5:00 pm - 9:00 pm

Step 3: IC Level 2 Applied Theory (16 hrs) **Regatta Plaza**
October 16 & 17 Saturday/Sunday 9:00 am - 5:30 pm
February 26 & 27 Saturday/Sunday 9:00 am - 5:30 pm

Note: If you meet pre-requisites for IC Level 3 Applied Theory, please ask your YMCA Fitness Trainer.

Step 4: Apprenticeship Course (Level 1 & 2 comb. 12 hrs) **St. John's Y**
Oct 26 & 28, Nov 2 Tuesday/Thursday 5:00 pm - 9:00 pm
March 8, 10, 15 Tuesday/Thursday 5:00 pm - 9:00 pm

Step 5: Practicum (Level 1 - 2 hrs / Level 2 - 8 hrs)
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.

Step 6: Evaluation & Certification
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.

Group Fitness

Choose only one course under each step (100% attendance required)

(Check website updates for Group Fitness- Water Fitness & Core Strength & Stretch courses)

Step 1: Basic Theory (24 hrs) **Regatta Plaza**
January 10 - 26 Monday/Wednesday 5:00 pm - 9:00 pm

Step 2: Fundamentals of Group Fitness (8 hrs) **Regatta Plaza**
November 7 Sunday 9:00 am - 5:30 pm
February 12 Saturday 9:00 am - 5:30 pm

Step 3 & 4: Group Choreography & Apprenticeship (12 hrs) **St. John's Y**
November 21 & 28 Sunday 9:00 am - 5:30 pm
9:00 am - 1:00 pm

Step 3 & 4: Group Resistance & Apprenticeship (12 hrs) **St. John's Y**
March 21, 23 & 28 Monday/Wednesday 5:00 pm - 9:00 pm

Step 3 & 4: Group Cycling & Apprenticeship (10 hrs) **St. John's Y**
April 4 - 13 Monday/Wednesday 6:00 pm - 9:00 pm

Step 5: Practicum in Group Fitness Specialty of Choice (4 hrs min.)
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.

Step 6: Evaluation & Certification
Scheduled on an individual basis. Please ask your YMCA Fitness Trainer.



For more information visit our website, the Membership Sales & Service Desk or call 754-2960/748-1082

**Become a
Volunteer!**

**Y Regatta Plaza: 84 Elizabeth Avenue
St. John's Y: 34 New Cove Road**