

FITNESS LEADERSHIP

FITNESS LEADERSHIP – STEP 1 – FITNESS THEORY

Learn the basic knowledge needed to lead and design safe, effective and enjoyable fitness programs. Content includes: YMCA values and visions; anatomy and physiology; biomechanics; exercise design; nutrition; safety considerations and more.

Dates	Day	Time	Member	Non-Member
September 29-October 20	Wednesday, Saturday	6:30-9:30 pm 9:00 am-5:00 pm	7/\$165	7/\$220

FITNESS LEADERSHIP – STEP 2 – GROUP FUNDAMENTALS

Learn to lead group fitness classes and help motivate participants to reach their health and fitness goals. Topics include: safety, working with music, teaching, cueing and choreography. Please note fees for this portion include step 3 and 4 of the instructor training.

Dates	Day	Time	Member	Non-Member
October 23	Saturday	8:30 am-5:30 pm	1/\$220	1/\$245

FITNESS LEADERSHIP – STEP 2 – INDIVIDUAL CONDITIONING 1 AND 2

For those who want to become a certified weight training instructor. Content includes: basic fitness theories, motor functions, physiological benefits of strength training; muscle structure; function and physiology; client prescreening; setting general guidelines for orientations; safe practices; program design; equipment orientation and exercise techniques.

Dates	Day	Time	Member	Non-Member
October 27-November 20	Wednesday, Saturday	6:30-9:30 pm 9:00 am-5:00 pm	8/\$150	8/\$225

FITNESS LEADERSHIP – STEP 3 – GROUP CHOREOGRAPHY COURSE

Learn to lead group fitness classes and help motivate participants to reach their health and fitness goals. Topics include: safety, working with music, teaching, cueing and choreography.

Dates	Day	Time	Member	Non-Member
October 30	Saturday	8:30 am-4:30 pm	Included	N/A

REGISTRATION FOR SEPTEMBER 9 TO OCTOBER 31 SESSION STARTS AUGUST 9
REGISTRATION FOR NOVEMBER 1 TO DECEMBER 19 SESSION STARTS OCTOBER 4

Classes will be cancelled 48 hours prior to start date if insufficient registration is received.

Don't delay — register today!

No classes on statutory holidays

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y
 851 Broughton Street, Victoria BC V8W 1E5
 Phone: 250.386.7511 Fax: 250.380.1933

**FITNESS
LEADERSHIP –
STEP 4 – GROUP
CHOREOG.
APPRENTICESHIP**

Learn to lead group fitness classes through peer teaching activities.

Dates	Day	Time	Member	Non-Member
November 6-November 13	Saturday	10:30 am-1:30 pm	Included	N/A

**FITNESS
WORKSHOP –
Y VALUES/
HISTORY**

3 hour session to learn the Y core values and history. Intended for instructors (or new staff) who did their fitness theory through the BCRPA.

Dates	Day	Time	Member	Non-Member
September 29	Wednesday	6:30-9:30 pm	Included	N/A

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