

FITNESS LEADERSHIP

Staff Liaison: Jenna Lewis

The YMCA-YWCA of Greater Victoria is a long-standing leader in the field of instructor training. The YMCA has been certifying fitness instructors in Canada since 1974 and the national guidelines are based to a large extent on the YMCA program.

The Fitness Leadership Certification program consists of four steps. Upon completion of these steps, fitness enthusiasts will receive a YMCA nationally recognized certification as a fitness leader in an area of expertise, or will simply broaden their knowledge in health and fitness.

FITNESS THEORY (STEP 1)	The basic knowledge needed to lead and design safe, effective and enjoyable fitness programs. Content includes: YMCA values and vision; anatomy; physiology; biomechanics; exercise design; nutrition; safety considerations and more. You must successfully complete class time and the exam before you progress to Applied Theory. Manual required: \$45						
Prerequisite: Fitness experience Age 16+	Dates March 19-April 5	Day Wednesday & Saturday	Time 6:00-9:30pm 10:00am-3:00pm	Instructor Jenna Lewis	Location DTY	Member 5/\$120	Non-Member 5/\$175
APPLIED THEORY (STEP 2) GROUP FITNESS	Learn to lead group fitness classes and help motivate participants to reach their health and fitness goals in a fun, motivating group setting. Begins with Group Fitness Fundamentals and includes the Choreography Based Stream. Manual required: \$40						
Prerequisite: Successful completion of the basic Fitness Theory	Dates April 19 & 26	Day Saturday	Time 8:30am-4:30pm	Instructor Jenna Lewis	Location DTY	Member 2/\$115	Non-Member 2/\$160
APPRENTICESHIP / PRACTICUM (STEP 3) GROUP FITNESS	Attain peer and practical teaching experience under the supervision of a qualified fitness trainer (Group Fitness only).						
	Dates May 3 & 10 & 17	Day Saturday	Time 12:00-2:30pm	Instructor Jenna Lewis	Location DTY	Member included	Non-Member 3/\$50



Sometimes we have to cancel great programs led by great instructors because everyone waited until the last minute to register. Please register at least one week in advance to avoid disappointment.

No classes on statutory holidays

DTY = Downtown Y VVW = Vic West Y

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

Vic West Y
 521 Craigflower Road, Victoria BC V9A 6Z5
Phone: 250.388.6120 **Fax:** 250.388.6455

APPLIED THEORY (STEP 2 & 3) INDIVIDUAL CONDITIONING LEVEL I & II	For those who want to become a Certified Weight Training Instructor. Content includes: basic fitness theories; motor function; physiological benefits of strength training; muscle structure; function and physiology; client prescreening; setting general guidelines for orientations; discussing safe practices while using facility equipment; program design; equipment orientation and exercise techniques in the weight room. Manual required: \$55						
Prerequisite: Successful completion of Fitness Theory	Dates	Day	Time	Instructor	Location	Member	Non-Member
	May 3-31 & May 7-28	Saturday Wednesday	10:00am-4:00pm 6:00-9:30pm	Randy Wood	DTY	8/\$150	8/\$225
INSTRUCTOR PRACTICAL EVALUATION (STEP 4)	Once you've completed the Applied Theory course in your chosen modules, you must be evaluated by a registered YMCA Trainer of Fitness Leaders						
	Dates				Location	Member	Non-Member
	Arrange date and time with the evaluator				DTY	included	included
GROUP CYCLING CERTIFICATION	For teachers looking for a new no-impact, high-energy format. Learn proper set-up, body mechanics, safety cues and creative, fun ways to present your classes.						
Prerequisite: Group Fitness or Individual Conditioning & Level II Certification	Dates	Day	Time	Instructor	Location	Member	Non-Member
	January 19 & January 24 & 31	Saturday Thursday	10:00am-5:00pm 7:00-9:00pm	Jenna Lewis	DTY		
AQUAFIT CERTIFICATION	For instructors who want to teach a great low-impact fitness option in the pool. Challenge yourself with an exciting new fitness class.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	April 18, 19, 20	Friday Saturday Sunday	5:00-9:00pm 9:00am-5:00pm 9:00am-5:00pm	Dee McNeil	DTY	3/\$145	3/\$200
FIRST AID/CPR	You require a minimum of Emergency First Aid and CPR to complete certification as a Fitness Leader in any of the modules. Please see our Program Guide for the dates and times we offer these courses.						

FITNESS VOLUNTEERS: Fitness volunteers may be eligible to have all course fees reimbursed following a minimum of 6 months of continuous volunteering and once they have successfully completed their certification (course materials not included).

COURSE REGISTRATION GUIDELINES

- We will issue credits or refunds before the second lesson. Sorry, no refunds or credits for dates of classes that have passed.
- A \$5 administration charge plus the cost of one class applies to all refunds unless accompanied by a medical note.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

PLEASE NOTE:

- We reserve the right to change schedules and prices.
- All applicable taxes applied on registration completion.
- Programs do not run on statutory holidays.

No classes on statutory holidays

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