



Building healthy communities

Become a Fitness Instructor

Aqua Fit Instructor Course The Aquatic Fitness Instructor course certifies individuals to deliver YMCA aquatic classes such as Shallow and Deep Water Fitness, Stretch and Strength Fitness and Aqua Jogging. This hands on course includes skill demonstrations and practice teaching, online self directed assignments and apprenticeship time. Come prepared for an active learning experience both in and out of the pool setting.

Pre-requisites: 16 yrs or older at the time of certification • CPR A at the time of certification • 50 hours of participation in aquatic fitness classes.

Ches Penney Family YMCA (St. John's)

Dates: Sundays, Feb 11 & 25, Mar 11 & 25, 2018

Time: 8:00 am - 4:00 pm

Fee: Member - \$150 / Non-Member - \$200 / Staff & Volunteers* - \$50 (+HST)

Marystown YMCA

Dates: Saturdays, Oct 7 & 21, Nov 18, Dec 2, 2017

Time: 8:00 am - 4:00 pm

Fee: Member - \$150 / Non-Member - \$200 / Staff & Volunteers* - \$50 (+HST)

Yoga Instructor Course The Yoga Instructor course certifies individuals to deliver YMCA yoga classes to people of all ages and abilities. This course is designed be an immersive experience, where teaching, apprenticeship and personal practice are part of the learning process.

Pre-requisites: 16 yrs or older at the time of certification • CPR A at the time of certification • 50 hours of participation in Yoga classes.

Ches Penney Family YMCA (St. John's)

Dates: Sundays, Apr 8 & 22, May 13 & 27, Jun 10 & 24, 2018

Time: 8:00 am - 4:00 pm

Fee: Member - \$200 / Non-Member - \$300 / Staff & Volunteers* - \$100 (+HST)

Marystown YMCA

Dates: Saturdays, Jun 30, Jul 14 & 28, Aug 11 & 25, Sept 8, 2018

Time: 8:00 am - 4:00 pm

Fee: Member - \$200 / Non-Member - \$300 / Staff & Volunteers* - \$100 (+HST)

*Must be an active volunteer for 3 months prior to course date.

Registration Opens September 14, 2017

YMCA of Newfoundland and Labrador
www.ymcanl.com/courses.php
CRA# 108225533RR0001

Ches Penney Family YMCA

35 Ridge Road, P.O. Box 21291
St. John's, NL A1A 5G6
membership@ymcanl.com
Tel: 709-726-(YMCA) 9622
Fax: 709-576-0410

Marystown YMCA

255-263 McGettigan Blvd. P.O. Box 1308
Marystown, NL A0E 2M0
marystownymca@ymcanl.com
Tel: 709-279-YMCA (9622)
Fax: 709-279-0587