



**YMCA of
Newfoundland and Labrador**
Ches Penney Family YMCA



Become an Aquatic Fitness Instructor

The Aquatic Fitness Instructor course certifies people 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.

Fitness Leadership Aqua Fit Instructor Course

Location:	Ches Penney Family YMCA
Dates:	Sundays, February 11 & 25, March 11 & 25, 2018
Time:	8:00 am - 4:00 pm
Fee:	Member - \$150 (+HST) / Non-Member - \$200 (+HST) Staff & Volunteers* - \$50 (+HST)
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

Register Today!

To register contact:

membership@ymcanl.com
Tel: 709-726-YMCA (9622)
Fax: 709-576-0410

Ches Penney Family YMCA
35 Ridge Road
P.O. Box 21291
St. John's, NL A1A 5G6

www.ymcanl.com

Charitable Registration # 108225533RR0001

*Building healthy
communities*

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