



**YMCA of
Newfoundland and Labrador**
Marystown 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:	Marystown YMCA
Dates:	Saturdays, October 7 & 21, November 18 and December 2
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
Registration Deadline:	Friday, September 29, 2017

Register Today!

To register contact:

marystownymca@ymcanl.com
Tel: 709-279-YMCA (9622)
Fax: 709-279-0587

Marystown YMCA
255-263 McGettigan Blvd.
P.O. Box 1308
Marystown, NL A0E 2M0

www.ymcanl.com

Charitable Registration # 108225533RR0001

*Building healthy
communities*

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