



**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

<b>Location:</b>	Marystown YMCA
<b>Dates:</b>	Saturdays, October 7 & 21, November 18 and December 2
<b>Time:</b>	8:00 am - 4:00 pm
<b>Fee:</b>	Member - \$150 (+HST) / Non-Member - \$200 (+HST) Staff & Volunteers* - \$50 (+HST)
<b>Pre-requisites:</b>	16 yrs or older at the time of certification • CPR A at the time of certification • 50 hours of participation in aquatic fitness classes
<b>Registration Deadline:</b>	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.



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



# Become an Aquatic Fitness Instructor

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## Fitness Leadership Aqua Fit Instructor Course

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