

Why choose to become a YMCA Canada Certified Fitness Instructor?

The YMCA developed the first nationally recognized fitness instructor program in 1974 and has continued to train fitness instructors ever since. The YMCA's approach is to focus on personal development – physical, educational, social and spiritual growth of an individual. This approach has guided generations of YMCA fitness instructors in designing and delivering YMCA programs.

Evaluation

Instructor candidates are required to complete course (see chart).

- Written test - 85% to pass, open book
- Self-Study assignments
- Demonstrate and describe basic moves
- For Personal Training and Wellness Coach - case study
- Current CPR/First Aid (see chart)
- Have an observation and practical evaluation using YMCA Behavior Grids completed by a certified YMCA Fitness Trainer or Trainer Educator

Practical Evaluation

Group Fitness Instructor

The candidate's capability of leading a safe and effective fitness class for participants of all levels. The practical exam must consist of a 45 or 60 minute fitness class, covering all mandatory fitness components. This includes warm up, cardiovascular, strength training, cool down and flexibility components. Specific emphasis is on cueing, safety, motivation, choreography, music and voice quality.

Personal Trainer

The candidate's capability of designing and facilitating a safe and effective workout for relatively healthy participants in the general population. The practical exam must consist of a 60 minute individual conditioning session, covering all mandatory fitness components. These components include leadership, relationship building, exercise program design scenario and practical demonstration of exercises.

How to Register

Visit or contact the YMCA at: Ches Penney Family YMCA

35 Ridge Rd., St. John's
St. John's, NL A1A 5G6
Tel. 709-726-YMCA (9622)

Marystown YMCA

255-263 McGettigan Blvd,
Marystown, NL A0E 2M0
T: (709) 279-YMCA (9622)

Registration Deadline:

For more information on Y Fitness Instructor Certification please submit your registration for a course at least 2 weeks prior to the advertised date. Class sizes are limited and fill quickly.

Our Mission

The YMCA is a charity open to everyone at all stages of life, that provides opportunities to grow in spirit, mind, and body.

Our Vision

A province of vibrant and healthy communities where everyone can belong, grow, and thrive.

Our Values

Caring, Honesty, Respect, Responsibility, Diversity.

Health, Fitness and Aquatics

YMCA of Newfoundland and Labrador
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www.ymcanl.com

CRA #108225533RR0001



YMCA of
Newfoundland and Labrador

YMCA Canada Fitness Instructor Certifications



Building healthy
communities

National YMCA Fitness Instructor Certifications

Recertification

Group Fitness /Personal Trainer /Wellness Coach

- 16 hrs of continuing education
- Current CPR A with AED
- 50-75 hrs of instruction
- Evaluation

Fitness Instructor Programs	Hours of Class Instruction	Description	Prerequisites
Aquaft	32 hours	This course is for people who want to teach fitness in the water - shallow water aquaft, deep water aquaft, water jogging, and other variations. The course is similar to the Cardio Instructor course.	16 years or older at the time of certification. CPR A at the time of certification.
Cycle	26 hours	This course is for people who want to teach cycle classes.	50 hours of participation in specialty fitness classes
Cardio (choreography)	26 hours	This course is for people who want to teach "choreography" type classes - Cardiofit, BodyFit, Step, Dance, and Box. A component of muscle conditioning is learned so participants are able to deliver 10-15 min segments of strength exercises in their cardio classes.	
Yoga	48 hours	This course is for people who want to teach hatha style yoga.	
Strength	30 hours	This course is for people who want to teach group strength classes - Muscleft, Boot Camp, Kettlebell, Bars and Plates. Some strength classes such as Boot Camp may have a cardio segment - sprinting intervals, running, skipping. The difference between this type of cardio and the Cardio Instructor class is that a strength class is typically not counted in 8, 16, and 32 counts.	16 years or older at the time of certification. CPR A at the time of certification. 50 hours of participation in strength fitness classes, or individual strength training recommended.
Older Adult	35 hours	This course is for people who want to teach older adults in a group fitness setting. It is similar to the Strength Instructor Course as this is where most of the modifications are applicable. This course is designed for people who are not yet instructors. A modification of this course will be available for those that are already YMCA Group Fitness Instructors.	For group fitness certification: <ul style="list-style-type: none"> • 16 years or older at the time of certification. • CPR A at the time of certification. • 50 hours of participation in strength fitness classes, or individual strength training recommended. For working with individuals: <ul style="list-style-type: none"> • YMCA Personal Training certification.
Personal Trainer	40 hours	This course is for people who want to work one-on-one with people to prescribe exercise. The scope of this certification will include populations with chronic illness and some injuries. Note the prerequisites will include Standard First Aid.	16 years or older at the time of certification. Standard First Aid at the time of certification. 50 hours of participation in strength training recommended.
Health Coach	40 hours	This course is for people who want to work one-on-one with people to help them meet their health (in Spirit, Mind and Body) related goals. The scope of this certification will include populations with chronic illness and some injuries and is centered on behavior change. It does not include prescribing exercise.	16 years or older at the time of certification. Standard First Aid at the time of certification. Experience in leading others through change processes.

Certifications valid for 2 years