

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.

Course Delivery

The YMCA Fitness Leadership comprised of Trainer led sessions (delivered in-person and/or virtually) and self-directed online learning modules hosted on YMCA Canada's Learning Management System (LMS), supplemented by handouts.

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 Training

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.

Register:

Online Portal (ymcanl.com), in person at your branch or call your YMCA:

Ches Penney Family YMCA

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

Marystown YMCA

2B Harris Drive, P.O. Box 1308
Marystown, NL A0E 2M0
Tel. (709) 279-YMCA (9622)

Central Labrador YMCA

2 Corporal O'Quinn Blvd.
Happy Valley-Goose Bay
Tel. 709-896-YMCA (9622)

Email: lisa.sheppard@nl.ymca.ca

Our Mission

The YMCA is a charity that provides opportunities for all 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

- Ches Penney Family YMCA, St. John's: 709-726-YMCA (9622)
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www.ymcanl.com

CRA #108225533RR0001



YMCA Canada Fitness Instructor Certifications



Building healthy
communities

National YMCA Fitness Instructor Certifications

Recertification

Group Fitness /Personal Trainer

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

Fitness Instructor Programs	Description	Prerequisites
Aquafit	The YMCA Aquatic Fitness Instructor course is the practical stage of the YMCA Fitness Leadership Program. The Aquatic Fitness Instructor course is designed to certify people to deliver YMCA group fitness classes that are held in water – both shallow and deep.	
Cycle	The YMCA Group Cycle Instructor course is the practical stage of the YMCA Fitness Leadership Certification Program. The intent of this course is to provide the information, practice teaching assignments and peer practice specific to a Group Cycle class.	YMCA Basic Theory
Yoga	The YMCA Yoga Instructor course – level 1 is the practical stage of the YMCA Fitness Leadership Program. The Yoga Instructor course is designed to certify people to deliver YMCA Yoga classes and one-on-one yoga sessions for people of all ages and abilities attended by anyone 16 years of age or older.	16 years or older at the time of certification. CPR A at the time of certification. 50 hours of participation in specialty fitness classes.
Cardio/ Strength	The YMCA Cardio and Strength Instructor course is the practical stage of the YMCA Fitness Leadership Program. The intent of this course is to provide the information, practice teaching assignments and peer practice specific to group cardio/strength classes (Boot Camp, Bars and Plates, Kettle Bell, High Low).	
Older Adult	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.	YMCA Cardio/Strength Course CPR A at the time of certification.
Older Adult	The YMCA Personal Trainer course is the practical stage of the YMCA Fitness Leadership Certification Program. The intent of this course is to provide the information, practice teaching assignments and peer practice specific to Personal Training.	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.
Personal Trainer	The YMCA Personal Trainer course is the practical stage of the YMCA Fitness Leadership Certification Program. The intent of this course is to provide the information, practice teaching assignments and peer practice specific to Personal Training.	For group fitness certification: <ul style="list-style-type: none"> • YMCA Group Strength Instructor Course For working with individuals: <ul style="list-style-type: none"> • YMCA Personal Training certification.

Certifications valid for 2 years