

Why choose to become a YMCA Program Leader?

The Program Leadership System (PLS) ensures YMCA staff and volunteers have the training, experience and skills needed to provide that spark to ignite the potential within. Instructors are individuals that lead programs, classes, and/or deliver front line service to participants.

Helping YMCAs deliver programs where everyone in their community can shine.

Core Program Areas:

- Aquatics
- Fitness
- Healthy Child Development (HCD)
- Positive Youth Development (PYD)
- Membership Sales

Re-certification Requirements

Aquatics- Swim Instructor

- Every 2 years
- Current Standard First Aid, Bronze Cross or Lifesaving Society National Lifeguard certifications
- 20 hours continuing education credits
- Successful evaluation

Group Fitness and Personal Trainer

- Every 3 years
- Current CPR A
- 20 hours continuing education credits
- Successful evaluation

Courses and workshops offered year round. Specific dates and times can be found on our Website www.ymcanl.com.

Register Today!

Online, in-person or call your YMCA centre

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: info@nl.ymca.ca

www.ymcanl.com
CRA #108225533RR0001



YMCA of
Newfoundland and Labrador

YMCA Canada Program Instructor Courses



Building healthy
communities

Program Area	Certification or Training	Prerequisites	Element	Time	Course Outcomes
Aquatics	Assistant Swim Instructor (ASI) Certification	Minimum 14 years of age at the time of certification. • Current Star 6 or Bronze Star certification. • Swim strokes at YMCA intermediate stroke standard or equivalent.	In-person learning (including pool time) Evaluation	24 hours During in-person	Can assist certified swim instructors in the delivery of YMCA swim lessons.
		Swim Instructor Certification (SI)	Self-directed e-learning In-person (including pool time) Evaluation	4 hours 17 hours During in-person	Can deliver YMCA swim lessons
Fitness	Basic Theory Course*	n/a	Self-directed e-learning	6 hours	Base course prior to selecting a fitness stream
	Aquafit Instructor Certification	Basic Theory Course* Minimum 16 years of age at the time of certification. • Current CPR A (Adult). • Recommended: 30 hours as a participant in desired subject matter.	E-learning, in-person learning and practice sessions Apprenticeship Evaluation	16 hours (average) Varies by individual 1 hour	Stream specific Cardio & Strength Instructor to have optional choreography module. Can design and teach group fitness classes
	Cycle Instructor Certification	• Recommended: 30 hours as a participant in desired subject matter.			
	Yoga Instructor Certification				
	Fitness Coach (NEW)	Minimum 16 years of age at the time of training • Current CPR A (Adult).	E-learning, in-person learning and practice sessions Apprenticeship Evaluation	12 hours 2 hours 1 hour	Can deliver pre-designed workout plans to clients that meet scope of practice.
Healthy Child Development	Personal Trainer Certification	Basic Theory Course* Minimum 16 years of age at the time of certification. • Current CPR A at the time of certification. • Recommended: 30 hours as a training participant or other related experiences (e.g. training as an athlete).	E-learning, in-person learning and practice sessions Written training plan submission Apprenticeship Evaluation	21 hours 2 hours Varies by individual 1 hour	Can design and deliver custom personal training plans to clients.
	Healthy Child Development (HCD) Instructor	Minimum 16 years of age at the end of training. • Current SFA CPR B (includes child resuscitation) at the time of training.	Self-directed learning module In-person training Assessment	5 modules, up to 60 minutes each 5 training, up to 2-3 hours each During in-person training	To provide people with the knowledge, skills, and competencies to work or volunteer with the Y or an external organization in a role interacting and delivering programs with children ages 6-12 years.
	Positive Youth Development (PYD) Instructor	Minimum 16 years of age at the time of training. • Current Standard First Aid CPR A at the time of training.	Self-directed learning module In-person training Assessment	90 minutes 2-3 hours During in-person training	To provide people with the knowledge, skills, and competencies to work or volunteer with the YMCA or an external organization in a role interacting and delivering programs with youth ages 13-19 years.
Membership Sales	Membership Sales Representative	Minimum 16 years of age at the end of training. • Current Standard First Aid CPR A at the end of training.	Self-directed learning module In-person training Assessment	90 minutes 4-5 hours During in-person training	To provide people with the knowledge, skills, and competencies to work or volunteer with the Y or an external organization in the role of a sales representative.