

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
- Standard First Aid
- 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, 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 A0P 1E0
Tel. 709-896-YMCA (9622)

OPENING SOON!

Placentia Regional YMCA

79-81 Blockhouse Road
Placentia, NL A0B 2Y0

Email: info@nl.ymca.ca

www.ymcanl.com

CRA #108225533RR0001



YMCA Canada Program Instructor Courses



Building healthy communities

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Newfoundland and
Labrador

Shine On

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)	24 hours	Can assist certified swim instructors in the delivery of YMCA swim lessons.
			Evaluation	During in-person	
Fitness	Swim Instructor Certification (SI)	Minimum 15 years of age at the time of certification. ☐ Current Bronze Cross or Lifesaving Society National Lifeguard certification. ☐ Current Standard First Aid with CPR C/AED. ☐ Swim strokes at YMCA Intermediate stroke standard or equivalent.	Self-directed e-learning	4 hours	Can deliver YMCA swim lessons
			In-person (including pool time)	17 hours	
			Evaluation	During in-person	
	Basic Theory Course*	n/a	Self-direct e-learning	6 hours	Base course prior to selecting a fitness stream
	AquaFit Instructor Certification Cardio & Strength Instructor Certification Cycle Instructor Certification Yoga 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	16 hours (average)	Stream specific Cardio & Strength Instructor to have optional choreography module. Can design and teach group fitness classes
			Apprenticeship Evaluation	Varies by individual 1 hour	
	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	12 hours	Can deliver pre-designed workout plans to clients that meet scope of practice.
			Apprenticeship Evaluation	2 hours 1 hour	
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	21 hours	Can design and deliver custom personal training plans to clients.
			Written training plan submission	2 hours	
			Apprenticeship Evaluation	Varies by individual 1 hour	
	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	5 modules, up to 60 minutes each	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.
			In-person training	5 training, up to 2-3 hours each	
			Assessment	During in-person training	
	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	90 minutes	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.
			In-person training	2-3 hours	
			Assessment	During in-person training	
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	90 minutes	To provide people with the knowledge, skills, and competencies to work or volunteer with the role of a sales representative.
			In-person training	4-5 hours	
			Assessment	During in-person training	