

Aquafit Instructor Course



Purpose of Certification: Learn how to lead Aquafit group exercise classes. Participants will learn about Aquafit safety, shallow and deep water movements, musicality, cueing, components of a group fitness class, class management, equipment, water properties and how to build choreography.

Certification Pathway

Prerequisites:

- At time of certification, must be 16 years of age and have Standard First Aid

Cost:

- Placentia residents, staff, volunteers of Placentia Regional YMCA: \$0
- Other YMCA Staff and Volunteers: \$50 + tax
- YMCA Members: \$75 + tax
- Non-Members: \$125 + tax

Location: Online and In-Person (Ches Penney Family YMCA, 35 Ridge Road, St. John's)

Course Format

Online Self-Directed Courses:

- Must be completed by May 24, 2024
- Basic Theory - 6 Hours
- Aquafit Instructor - 8 Hours

In-Person Learning Sessions which includes two practical sessions

- May 25 - 9:00-5:00pm
- June 1 - 9:00-5:00pm
- June 2 - 9:00-1:00pm

2 hour written Class Submission

Evaluation - 1 Hour

REGISTER TODAY, in-person, via phone (709-726-9622) or online (ymcanl.com).

