

## 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](http://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](mailto:info@nl.ymca.ca)

[www.ymcanl.com](http://www.ymcanl.com)

CRA #10822533RR0001



Shine On  
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.	Evaluation (including pool) 24 hours	During in-person	Can assist certified swim instructors in the delivery of YMCA swim lessons.
	Swim Instructor Certification (SI)	Minimum 15 years of age at the time of certification. Current Bronze certification. Cross or Lifesaving Society National Lifeguard certification. Current Standard First Aid with CPR/AED. Swim strokes at YMCA Intermediate or stroke standard or equivalent.	Self-directed e-learning 6 hours	During in-person 17 hours	Can deliver YMCA swim lessons
	Basic Theory Course*	n/a	Self-directed e-learning 6 hours	6 hours	Base course prior to selecting a fitness stream
	Aquatic Instructor Certification	Basic Theory Course* Minimum 16 years of age at the time of certification. Current CPR A (Adult). Recommended: 30 hours as a training participant or other related experiences (e.g. training as an athlete).	E-learning, in-person learning and practice 16 hours (average)	Varies by individual 1 hour	Stream specific Cardio & Strength Instructor to have optional module. Can design and teach group fitness classes
	Cardio & Strength Instructor Certification	Minimum 16 years of age at the time of certification. Current CPR A (Adult). Recommended: 30 hours as a training participant or other related experiences (e.g. training as an athlete).	E-learning, in-person learning and practice 12 hours	Varies by individual 1 hour	Can deliver pre-designed workout plans to clients that meet scope of practice.
	Yoga Instructor Certification	Minimum 16 years of age at the time of certification. Current CPR A at the time of sessions and practice 2 hours	E-learning, in-person learning and practice 21 hours	Varies by individual 1 hour	Can design and deliver custom personal training plans to clients.
	Cycle Instructor Certification	Minimum 16 years of age at the time of certification. Current CPR A at the time of sessions and practice 2 hours	E-learning, in-person learning and practice 21 hours	Varies by individual 1 hour	Can design and deliver custom personal training plans to clients.
	Personal Trainer Certification	Basic Theory Course* Minimum 16 years of age at the time of certification. Current CPR A at the time of sessions and practice 2 hours	E-learning, in-person learning and practice 21 hours	Varies by individual 1 hour	Can design and deliver custom personal training plans to clients.
Healthy Child Development	Healthy Child Development (HCD) Instructor	Minimum 16 years of age at the end of training. Includes child resuscitation at the time of training.	Self-directed learning module 5 modules, up to 60 minutes each	During in-person training 5 hours each	To provide people with the knowledge, skills, and competencies to work with children ages 6-12 years.
Positive Youth Development	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	During in-person training 2-3 hours	To provide people with the knowledge, skills, and competencies to work 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 90 minutes	During in-person training 4-5 hours	To provide people with the knowledge, skills, and competencies to work with the knowledge, skills, and competencies to work with youth ages 13-19 years.