



At YMCA Calgary, we believe in supporting our communities to be active for life.

YMCA Fitness Instructor Courses – Summer and Fall 2016

Do you have a passion for fitness? Would you like to help others with their health and wellness success?

Become a YMCA Fitness Leader and share your love and passion for fitness, health and wellness with others in your community.

These fitness courses include all the technical fitness requirements you need to become a Certified Fitness Leader within a certification stream. Each course includes in-classroom fitness theory, fundamentals of teaching, applied learning, peer teaching plus post-classroom learning assignments, apprenticeship and your final practical observation which qualifies you for certification.



Participants must attend a minimum of 80% of the in-class sessions and complete 100% of all online modules.

***Pre-Requisites: Participants must have attended 50+ hours of fitness classes (ie. cycle, aqua, etc.) or have 50+ hours training/ practice (ie. personal training, yoga) in the certification stream/ subject matter expertise area.**

Prior to registration, it is strongly encouraged you are recommended for this course by a YMCA Canada Fitness Trainer or YMCA Calgary Fitness/ Strength & Conditioning Director.

*****Please note there is now a registration deadline set 1 week prior to the start of each course. Late registrations may be accepted, but the fee will increase by an additional \$25.*****

YMCA Fitness Instructor Course	Course Code	Member Fee*	Non-Member Fee*	Staff/Volunteer Fee*	Branch	Dates	Times	Registration Deadline*
Aquatic Fitness*	115565	\$360	\$450	\$105	Remington YMCA	Aug 2, 4, 9, 16, 18, 23, 25	Tues/Thurs: 11am-4pm	July 26 th
Personal Training*	115257	\$400	\$500	\$120	South Health Campus YMCA	Aug 8, 10, 14, 15, 17, 20, 21	Mon: 5-9pm Sat/ Sun: 9am-5pm	Aug 1 st
Strength Instructor Training	114059	N/A	N/A	\$0	Melcor YMCA	Sept 10 th	Sat: 8:30am-5pm	Sept 2 nd
Yoga*	115494	\$464	\$580	\$144	Gray Family Eau Claire YMCA	Sept 15, 17, 18, 22, 24, 25, 29; Oct 1, 2,	Thurs: 6:30-9:30pm Sat/ Sun: 8:30am-5pm	Sept 8 th
Cycle*	115222	\$360	\$450	\$105	Gray Family Eau Claire YMCA	Oct 4, 11, 18, 25	Tues: 5:30-9:30pm	Sept 27 th
Group Strength*	115497	\$360	\$450	\$105	Saddletowne YMCA	Nov 10, 12, 17, 19	Thurs: 5:30-9:30pm Sat: 8:30am-5pm	Nov 3 rd
Cardio*	115090	\$464	\$580	\$144	Melcor YMCA	Nov 13, 27; Dec 4, 11	Sun: 12-5pm	Nov 6 th

Register online at <https://econnect.calgary.ymca.ca/Activities/ActivitiesAdvSearch.asp> (click on Programs Tab > Leadership Programs > Instructor Training/ Certification to find the courses).

Please contact your local YMCA branch for more information or to register in person.