

JANUARY-AUGUST

2012

NATIONAL CAPITAL REGION YMCA-YWCA

**FITNESS CERTIFICATION
COURSES AND WORKSHOPS**

www.ymcaywca.ca



YMCA-YWCA

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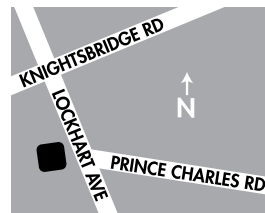
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HOW TO REGISTER

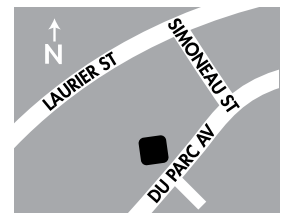
Registration begins November 14, 2011

Our courses often fill up quickly, so to guarantee your spot we suggest you register early. Registration closes 24 hours before the start of the course. Full payment is due at the time of registration.

i To register, please visit or call your closest YMCA-YWCA location.



Carlingwood Y
200 Lockhart Avenue
613.729.7131



Clarence-Rockland Y
1-1525 Du Parc Ave
613.446.7679



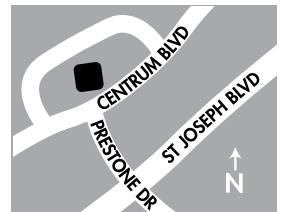
Downtown Y
99 Bank Street
613.233.9331



Kanata Y
1000 Palladium Drive
613.599.0280



Nepean Y
1642 Merivale Road
613.727.7070



Ruddy Family Y
265 Centrum Boulevard
613.830.4199

REFUND POLICY

- Refunds or course transfers will not be made after the beginning of a course except with a medical certificate.
- An administration fee of \$25 on courses and 25% on workshops will be charged for refunds made within five days of the course start date.
- For packages, refunds will be pro-rated in the event of withdrawing from one or more courses.
- Refund requests must be made in writing to the Education Centre

CONTACT THE FITNESS EDUCATION CENTRE



educationcentre@nationalcapitalregionymca-ywca.ca



Registrations with the Downtown Y 613.233.9331



Fitness Education Centre (Downtown Y)
99 Bank Street, Ottawa, ON K1P 6B9



Taggart Family Y
180 Argyle Avenue
613.788.5000

FREQUENTLY ASKED QUESTIONS

Where can I instruct with a Y certification?

Y certifications are nationally recognized certifications that exceed industry standards. Y certified instructors work at recreation complexes, fitness centres, government buildings, and Ys across the city as well as own their own businesses.

How fast can I complete a certification?

Certifications in group fitness and personal training can be completed as quickly as 3 months. This depends on your schedule, course availability, experience, and commitment to the certification process.

How often do I recertify?

All certifications are valid for 2 years from the date of issue. Please see page 11 for recertification guidelines.

Can I pursue more than one certification at the same time?

Yes, provided the course dates don't overlap and you allow yourself enough time to complete the written exams and practical work in the time allotted.

Basic Theory is the pre-requisite for all certification pathways but does not need to be repeated if pursuing multiple certifications.

Do you have online registration?

No. You can visit any Ottawa-area Y location and register at the membership desk. You can also register by phone by calling the Downtown Y at 613.233.9331.

To make the process easier, please select your courses in advance.

The brochure cycle ends before I can register for all my courses - what happens next?

The certification courses will repeat again in the next brochure cycle (with the exception of pilates). When the next brochure becomes available, you can continue with your course selection. Brochure cycles are January – August and September – December.

Are the courses only offered in English?

Yes – all courses and workshops listed in the brochure are offered in English. Some resource materials for Basic Theory, Group Fitness Fundamentals, Choreography, Resistance Training, Core Strength & Stretch, Indoor Cycling, and Individual Conditioning may be available in French by request only. Please contact the Education Centre.

How and when do I pay for a course or package?

Full payment must be completed at the time of registration. Credit card, cheque, debit, or cash are accepted. Please ask for a course confirmation or receipt print-out. Walk-in registrations are not permitted on the day of the course.

Are there any other costs?

The prices listed are the prices charged. There are no extra taxes being charged. Practical evaluations have a \$35 fee associated with them and are payable on the day of the practical evaluation to the evaluator. For Sports Nutrition and Older Adult certification courses, the cost of the manual is not included in the registration fee. For these 2 courses, participants will need to purchase their own manual before the start of the course. See course description for further details.

What are the differences between the First Aid and CPR course?

- CPR A – is for adults
- CPR B – is for youth and adults
- CPR C – is for infants, youth, and adults

Emergency First Aid will provide you with enough knowledge to handle typical injuries associated with personal training. As such, it is recognized by the Workplace Safety and Insurance Bureau.

Standard First Aid is the most comprehensive training offered. It is a 2 day course recognized by the Workplace Safety and Insurance Bureau.

What agency provides the First Aid and CPR certifications?

Our First Aid and CPR courses are offered through the LifeSaving Society.

When do I need to recertify my CPR or First Aid?

First Aid certifications are valid for 3 years from the date of issue. Recertification will only be permitted within the 3 year period.

CPR certification is valid for 1 year from the date of issue and is required to maintain a Y certification.

I am pursuing a Y certification or have a Y certification. Do I have to obtain my First Aid/CPR with the Y?

No. The Y recognizes that our courses may not fit everyone's schedule. We will accept current certifications from other nationally recognized First Aid and CPR providers.

PERSONAL FITNESS TRAINER CERTIFICATION

Follow this pathway for
Personal Fitness Training Certification

Step 1 BASIC THEORY COURSE

This course includes Y vision and values, exercise science and general program development for all fitness professionals, coaches and/or avid participants. Discussion focuses on basic anatomy and physiology, exercise design, biomechanics, nutrition, liability, leadership and more! There will be 10 in-class quizzes and a take-home exam. *Course fee includes registration, materials, manual, quizzes, and exam. This is a three day course.*

DOWNTOWN Y Choose one course from the list below

68212	Sa	Jan 7	9:00 am – 6:00 pm	} \$160 M \$215 NM
	Su	Jan 8	9:00 am – 6:00 pm	
	Sa	Jan 14	9:00 am – 6:00 pm	
68213	Sa	Feb 25	9:00 am – 6:00 pm	} \$160 M \$215 NM
	Su	Feb 26	9:00 am – 6:00 pm	
	Sa	Mar 3	9:00 am – 6:00 pm	
68214	Sa	May 5	9:00 am – 6:00 pm	} \$160 M \$215 NM
	Su	May 6	9:00 am – 6:00 pm	
	Sa	May 12	9:00 am – 6:00 pm	
68215	Sa	Jul 14	9:00 am – 6:00 pm	} \$160 M \$215 NM
	Su	Jul 15	9:00 am – 6:00 pm	
	Sa	Jul 21	9:00 am – 6:00 pm	

i Remaining courses in this certification pathway can be purchased on a course by course basis (fees listed on pages 4 and 5) or as a CORE package (see below).

CORE PACKAGE PERSONAL FITNESS TRAINER CERTIFICATION

The CORE package includes Individual Conditioning course and Personal Fitness Trainer course. Payment is due at time of registration.

\$239 Y Member | \$284 Non-Y Member

Step 2 Y INDIVIDUAL CONDITIONING COURSE

Prerequisite: Basic Theory

This certification course is designed to prepare the fitness leader to work in fitness facilities. The course will review physiology, training principles, training methods and proper program design for muscular fitness, cardiovascular fitness, weight management, flexibility and special populations. Participants will learn the basic guidelines to establish effective, safe and time efficient fitness programs. Participants will experience practical application of free weights, various types of resistance machines and cardiovascular equipment. *Bring workout gear. Course fee includes registration, materials, manual and exam.*

DOWNTOWN Y Choose one course from the list below

68258	Sa	Jan 28, Feb 4	9:00 am – 6:00 pm	\$160 M	\$215 NM
68259	Sa	Mar 17, Mar 24	9:00 am – 6:00 pm	\$160 M	\$215 NM
68260	Sa	May 26, Jun 2	9:00 am – 6:00 pm	\$160 M	\$215 NM
68301	Su	Jul 28, Jul 29	9:00 am – 6:00 pm	\$160 M	\$215 NM

Step 3 INDIVIDUAL CONDITIONING APPRENTICESHIP TRAINING PROGRAM (ATP)

Prerequisite: Individual Conditioning Course

This program is for those who have completed the Individual Conditioning Course and are ready for practical, hands-on learning. A maximum of 12 participants work closely with a trainer on training principles and program design. Practical experience and case studies are covered. This ATP provides the prerequisite 12 apprenticeship hours towards certification. Participants will still need to complete eight formal teaching hours. *Bring workout gear. Course fee includes all course materials.*

i Attendance at this course is not mandatory. Candidates may obtain their practical hours at a location of their choice provided they are being mentored by a certified personal trainer.

DOWNTOWN Y Choose one course from the list below

68254	Su	Feb 5, 12, 19	12:30 pm – 4:30 pm	\$75 M	\$120 NM
68255	Su	Apr 15, 22, 29	12:30 pm – 4:30 pm	\$75 M	\$120 NM
68256	Tu	Jun 5, 12, 19, 26	6:30 pm – 9:30 pm	\$75 M	\$120 NM
68257	Tu	Aug 7, 14, 21, 28	6:30 pm – 9:30 pm	\$75 M	\$120 NM

PERSONAL FITNESS TRAINER CERTIFICATION

Step 4

EMERGENCY FIRST AID & CPR B

Minimum requirement for Personal Fitness Trainers

For people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, choking, respiratory and circulatory emergencies such as heart attack and stroke, and how to deal with external bleeding. Includes CPR-B certification. Recognized by the Workplace Safety and Insurance Board. *Current First Aid (Standard or Emergency) and CPR (B or C) is required for certification. This course is not mandatory if you have current certification from another nationally recognized agency.*

DOWNTOWN Y

Choose one course from the list below

68230	Sa	Feb 25	9:00 am – 4:00 pm	\$65 M	\$85 NM
68231	Sa	Apr 14	9:00 am – 4:00pm	\$65 M	\$85 NM
68232	Su	May 13	9:00 am – 4:00 pm	\$65 M	\$85 NM
68233	Su	Jun 17	9:00 am – 4:00 pm	\$65 M	\$85 NM
68234	Sa	Jul 21	9:00 am – 4:00 pm	\$65 M	\$85 NM
68235	Sa	Aug 18	9:00 am – 4:00 pm	\$65 M	\$85 NM

Step 5

INDIVIDUAL CONDITIONING PRACTICAL EVALUATION

Once candidates have completed steps 1- 4, successful completion of a practical evaluation is required. The practical evaluation should be completed within 6 months of taking the Individual Conditioning Course and a \$35 evaluator's fee applies. All attempts will be made to schedule an evaluation at a date, time, and location convenient for the candidate.

 Contact the Education Centre by email to arrange your practical evaluation.

Step 6

PERSONAL FITNESS TRAINER CERTIFICATION

Prerequisite: Individual Conditioning

This course emphasizes personalized training programs for clients of diverse needs: beginners vs. advanced clients, special needs clients, home vs. fitness club programs. The Personal Fitness Trainer Certification includes the following components: health and lifestyle screening, policy making, pricing strategies, legal liability and business opportunities, fitness measuring techniques, exercise ball demonstrations, stretching demonstrations, nutritional analysis, ergogenic aids and weight management. *Bring workout clothes, a cloth*

measuring tape, calculator and heart rate monitor if you have one. Course fee includes registration, materials, manual and exam.

DOWNTOWN Y

Choose one course from the list below

68264	Su	Jan 15, 22	9:00 am – 6:00 pm	\$160 M	\$215 NM
68265	Su	Mar 4, 11	9:00am – 6:00 pm	\$160 M	\$215 NM
68302	Sa	June 16, 23	9:00am – 6:00pm	\$160 M	\$215 NM

Step 7

PERSONAL FITNESS TRAINER APPRENTICESHIP PROGRAM

This program is for those who have completed the Personal Fitness Trainer Course and are ready for advanced practical, hands-on learning. Small groups work closely with a trainer to expand their knowledge of training tools and program design. Topics include split routines, pyramid routines, drop sets, and periodization. Gain experience using medicine balls, stability balls, kettle bells, BOSU balls, various cardio equipment, and more. *Attendance at this course is not mandatory. Candidates may obtain their practical hours at a location of their choice provided they are being mentored by a certified personal trainer.*

DOWNTOWN Y

Choose one course from the list below

68262	Sa	Jan 28, Feb 4, 11	9:00am – 1:00pm	\$75 M	\$120 NM
68263	Sa	Mar 24, Apr 14, 21	9:00am – 1:00pm	\$75 M	\$120 NM
68303	Tu	Jul 3, 10, 17, 24	6:30pm – 9:30pm	\$75 M	\$120 NM

Step 8

PERSONAL FITNESS TRAINER PRACTICAL EVALUATION

To obtain Personal Fitness Trainer certification, successful completion of a practical evaluation is required. The practical evaluation should be completed within 6 months of taking the Personal Fitness Trainer course and a \$35 evaluator's fee applies. All attempts will be made to schedule an evaluation at a date, time, and location convenient for the candidate.

 Contact the Education Centre by email to arrange your practical evaluation.

GROUP FITNESS CERTIFICATION

Follow this pathway for Group Fitness Certification

Step 1 BASIC THEORY COURSE

This course includes Y vision and values, exercise science and general program development for all fitness professionals, coaches and/or avid participants. Discussion focuses on basic anatomy and physiology, exercise design, biomechanics, nutrition, liability, leadership and more! There will be 10 in-class quizzes and a take-home exam. *Course fee includes registration, materials, manual, quizzes, and exam. This is a three day course.*

DOWNTOWN Y *Choose one course from the list below*

68212	[Sa Jan 7 9:00 am – 6:00 pm]	\$160 M \$215 NM
		Su Jan 8 9:00 am – 6:00 pm		
		Sa Jan 14 9:00 am – 6:00 pm		
68213	[Sa Feb 25 9:00 am – 6:00 pm]	\$160 M \$215 NM
		Su Feb 26 9:00 am – 6:00 pm		
		Sa Mar 3 9:00 am – 6:00 pm		
68214	[Sa May 5 9:00 am – 6:00 pm]	\$160 M \$215 NM
		Su May 6 9:00 am – 6:00 pm		
		Sa May 12 9:00 am – 6:00 pm		
68215	[Sa Jul 14 9:00 am – 6:00 pm]	\$160 M \$215 NM
		Su Jul 15 9:00 am – 6:00 pm		
		Sa Jul 21 9:00 am – 6:00 pm		

i Remaining courses in this certification pathway can be purchased on a course by course basis (fees listed on pages 6 and 7) or as a CORE package (see below).

CORE PACKAGE GROUP FITNESS CERTIFICATION

The CORE package includes Group Fitness Fundamentals course and one (1) of the Group Fitness Specialty courses. Payment is due at time of registration.

\$174 Y Member | \$184 Non-Y Member

Step 2 GROUP FITNESS FUNDAMENTALS

i All participants must first take Group Fitness Fundamentals and then choose a stream of teaching to focus on any of the following: choreography, resistance training, core strength and stretch, or indoor group cycling.

Prerequisite: Basic Theory

The purpose of this course is to give fitness leaders the pertinent information needed to teach in a group setting, regardless of the modality chosen. This one-day course is the first step to completing the group fitness certification. Topics will include musicality, group dynamics and leadership. *Course fee includes registration and all materials.*

DOWNTOWN Y *Choose one course from the list below*

68239	Sa	Jan 21	9:00 am – 6:00 pm	\$80 M	\$105 NM
68240	Sa	Mar 10	9:00 am – 6:00 pm	\$80 M	\$105 NM
68241	Sa	May 26	9:00 am – 6:00 pm	\$80 M	\$105 NM
68242	Sa	July 28	9:00 am – 6:00 pm	\$80 M	\$105 NM

Step 3 GROUP FITNESS SPECIALTY COURSE

i Choose a stream of teaching to focus on from the specialty courses listed below. More than one specialty can be taken, so that over time, instructors may build on their skill set and focus on the types of classes they want to teach. **Select ONE course from the following specialties.**

CHOREOGRAPHY

Prerequisite: Group Fitness Fundamentals

This certification follows the performance standards set forth to become a step, high and low impact, and cardio group fitness instructor. The course includes class components, musicality, choreography, cueing and teaching techniques. Examples of choreography courses: cardio combo, hi/low impact and step classes. *Course fee includes registration and all materials.*

DOWNTOWN Y *Choose one course from the list below*

62836	Sa	Jan 28	9:00 am – 6:00 pm	\$80 M	\$105 NM
68237	Sa	Mar 17	9:00 am – 6:00 pm	\$80 M	\$105 NM
68238	Sa	June 9	9:00 am – 6:00 pm	\$80 M	\$105 NM

GROUP FITNESS CERTIFICATION

RESISTANCE TRAINING

Prerequisite: Group Fitness Fundamentals

This course will prepare fitness leaders to teach safe and effective resistance training and stretch classes. Topics will include appropriate equipment, weight, cueing and class design. Examples of resistance training courses: bootcamp, total muscle conditioning and body rev. *Course fee includes registration and all materials.*

DOWNTOWN Y *Choose one course from the list below*

68245	Su	Jan 29	9:00 am – 6:00 pm	\$80 M	\$105 NM
68246	Su	Mar 18	9:00 am – 6:00 pm	\$80 M	\$105 NM
68247	Sa	Jun 16	9:00 am – 6:00 pm	\$80 M	\$105 NM
68248	Sa	Aug 11	9:00 am – 6:00 pm	\$80 M	\$105 NM

CORE STRENGTH AND STRETCH

Prerequisite: Group Fitness Fundamentals

This course will prepare fitness leaders to teach safe and effective basic group core strength or stretching classes. Topics include anatomy of the core and spine, class design, appropriate music and cueing techniques. Examples of core strength and stretch courses: core circuit, core and stretch and total core. *Course fee includes registration and all materials.*

DOWNTOWN Y *Choose one course from the list below*

68249	Sa	Feb 4	9:00 am – 6:00 pm	\$80 M	\$105 NM
68250	Su	May 27	9:00 am – 6:00 pm	\$80 M	\$105 NM

INDOOR CYCLING

Prerequisite: Group Fitness Fundamentals

Jump on a bike and take a ride! This course prepares fitness leaders to teach indoor group cycling. Includes bike set-up and maintenance, proper body positions and cueing, safety and injury prevention, how to build “the ride” and use of imagery. Learn how to connect your spirit, mind and body on a journey of health and fitness. *Course fee includes registration and all materials.*

DOWNTOWN Y *Choose one course from the list below*

68243	Su	Feb 26	9:00 am – 6:00 pm	\$80 M	\$105 NM
68244	Sa	April 14	9:00 am – 6:00 pm	\$80 M	\$105 NM
68305	Sa	June 9	9:00 am – 6:00 pm	\$80 M	\$105 NM

Step 4

GROUP FITNESS APPRENTICESHIP TRAINING PROGRAM (ATP)

Prerequisite: Group Fitness Fundamentals and Specialty Course

This intense training program provides leaders with a small group to trainer ratio. All components of a group fitness class are thoroughly practiced and integrated to prepare students for formal teaching hours. This ATP provides the prerequisite 12 apprenticeship hours towards certification. Participants will still need to complete formal teaching hours. This course is strongly recommended for those who have chosen Group Fitness Choreography. *Course fee includes all course materials.*



Attendance at this course is not mandatory. Candidates may obtain their practical hours at a location of their choice provided they are being mentored by a certified personal trainer.

DOWNTOWN Y *Choose one course from the list below*

68252	Su	Feb 5, 12, 19	1:00 pm – 5:00 pm	\$75 M	\$120 NM
68253	Su	Apr 15, 22, 29	1:00 pm – 5:00 pm	\$75 M	\$120 NM

Step 5

CPR C & AED CERTIFICATION

The Education Centre offers courses in CPR C & AED. If you already have current annual CPR (level A, B or C) or plan to take it with another agency, that is acceptable for certification. We will accept current annual certifications from other nationally recognized CPR providers. *The AED certification is an extra feature and not mandatory for certification.*

DOWNTOWN Y *Choose one course from the list below*

68221	Su	Feb 12	9:00 am – 3:00 pm	\$59 M	\$80 NM
68222	Sa	Mar 3	9:00 am – 3:00 pm	\$59 M	\$80 NM
68223	Sa	Apr 28	9:00 am – 3:00 pm	\$59 M	\$80 NM
68224	Sa	Jun 16	9:00 am – 3:00 pm	\$59 M	\$80 NM
68225	Su	Jul 28	9:00 am – 3:00 pm	\$59 M	\$80 NM

Step 6

GROUP FITNESS PRACTICAL EVALUATION

To obtain Group Fitness instructor certification, successful completion of a practical evaluation is required. The practical evaluation should be completed within 6 months of taking the Group Fitness Specialty course and a \$35 evaluator’s fee applies. All attempts will be made to schedule an evaluation at a date, time, and location convenient for the candidate.



Contact the Education Centre by email to arrange your practical evaluation.

Follow this pathway for
Water Fitness Certification

Step 1 BASIC THEORY COURSE

This course includes Y vision and values, exercise science and general program development for all fitness professionals, coaches and/or avid participants. Discussion focuses on basic anatomy and physiology, exercise design, biomechanics, nutrition, liability, leadership and more! There will be 10 in-class quizzes and a take-home exam. *Course fee includes registration, materials, manual, quizzes, and exam. This is a three day course.*

DOWNTOWN Y *Choose one course from the list below*

68212	—	Sa	Jan 7	9:00 am – 6:00 pm	}	\$160 M \$215 NM
		Su	Jan 8	9:00 am – 6:00 pm		
		Sa	Jan 14	9:00 am – 6:00 pm		
68213	—	Sa	Feb 25	9:00 am – 6:00 pm	}	\$160 M \$215 NM
		Su	Feb 26	9:00 am – 6:00 pm		
		Sa	Mar 3	9:00 am – 6:00 pm		

i Remaining courses in this certification pathway can be purchased on a course by course basis (fees listed below)

Step 2 Y WATER FITNESS COURSE

Prerequisite: Basic Theory

Get wet! This leader certification course incorporates fitness principles with the benefits of water and includes safety, healthy lifestyle, fitness principles, research, exercise design and training guidelines. The participant must be comfortable in the water and have a bathing suit and towel. This course includes Group Fitness Fundamentals with the Water Fit option. *Please note that apprenticeship hours are required to complete this certification. Course fee includes registration, materials, manual and exam.*

TAGGART FAMILY Y *Choose one course from the list below*

68271	Sa, Su	Mar 10, 11	9:00 am - 6:00 pm	\$175 M	\$230 NM
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Step 3 WATER FITNESS APPRENTICESHIP

All Water Fitness participants must complete 4-12 hours of apprenticeship training and 4 formal hours of teaching before doing their practical evaluation.

i Participants may obtain their practical hours for their apprenticeship training at a location of their choice provided they are being mentored by a certified water fitness instructor.

Step 4 CPR C & AED CERTIFICATION

The Education Centre offers courses in CPR C & AED. If you already have current annual CPR (level A, B or C) or plan to take it with another agency, that is acceptable for certification. We will accept current annual certifications from other nationally recognized CPR providers. The AED certification is an extra feature and not mandatory for certification.

DOWNTOWN Y *Choose one course from the list below*


68221	Su	Feb 12	9:00 am – 3:00 pm	\$59 M	\$80 NM
68222	Sa	Mar 3	9:00 am – 3:00 pm	\$59 M	\$80 NM
68223	Sa	Apr 28	9:00 am – 3:00 pm	\$59 M	\$80 NM
68224	Sa	Jun 16	9:00 am – 3:00 pm	\$59 M	\$80 NM
68225	Su	Jul 28	9:00 am – 3:00 pm	\$59 M	\$80 NM

Step 5 WATER FITNESS PRACTICAL EVALUATION

To obtain Water Fitness instructor certification, successful completion of a practical evaluation is required. The practical evaluation should be completed within 6 months of taking the Water Fitness course and a \$35 evaluator's fee applies. All attempts will be made to schedule an evaluation at a date, time, and location convenient for the candidate.

i Contact the Education Centre by email to arrange your practical evaluation.

Follow this pathway for Yoga or Pilates Certification

 Courses in this certification pathway can be purchased on a course by course basis (fees listed below).

Step 1 SELECT YOGA OR PILATES CERTIFICATION

YOGA INSTRUCTOR CERTIFICATION

Prerequisite skill level: Actively involved in yoga practice for at least one year.

If you are a fitness trainer or a keen practitioner of yoga why not consider becoming a certified yoga instructor? This certification program consists of two intensive course training weekends. Yoga philosophy, guided meditation, correct alignment action in the basic types of asana and techniques of stress relief are all introduced. You will practice both observing and adjusting the poses of others and learn to better communicate Yogic principles. *Course fee includes registration, materials, manual and exam.*

DOWNTOWN Y

68273 Sa, Su Apr 14, 15, May 5, 6 9:00 am – 6:00 pm \$415 M \$525 NM

PILATES CERTIFICATION

Prerequisite skill level: Actively involved in Pilates practice for at least one year.

The Y Method of Pilates has modified both traditional and contemporary Pilates exercises based on the latest scientific research. This course prepares you to teach beginner - intermediate group mat class. You will learn how to sequence the exercises into a flowing workout, how to transition between moves and warm-up/cool-down stretches. You will learn how to cue proper form and technique for the exercises plus give modifications and progressions. *Apprentice hours are required for this course. Course fee includes registration materials, manual and exam.*

DOWNTOWN Y

68306 Sa, Su Apr 28, 29, May 26, 27 9:00 am – 6:00 pm \$365 M \$465 NM

Step 2 CPR & AED CERTIFICATION

The Education Centre offers courses in CPR C & AED. If you already have current annual CPR (level A, B or C) or plan to take it with another agency, that is acceptable for certification. We will accept current annual certifications from other nationally recognized CPR providers. *The AED certification is an extra feature and not mandatory for certification.*

DOWNTOWN Y

Choose one course from the list below

68220	Sa	Jan 7	9:00 am – 3:00 pm	\$59 M	\$80 NM
68221	Su	Feb 12	9:00 am – 3:00 pm	\$59 M	\$80 NM
68222	Sa	Mar 3	9:00 am – 3:00 pm	\$59 M	\$80 NM
68223	Sa	Apr 28	9:00 am – 3:00 pm	\$59 M	\$80 NM
68224	Sa	Jun 16	9:00 am – 3:00 pm	\$59 M	\$80 NM
68225	Su	Jul 28	9:00 am – 3:00 pm	\$59 M	\$80 NM

Step 3 YOGA OR PILATES APPRENTICESHIP TRAINING

All yoga or pilates participants must complete 20 hours of apprenticeship training and formal teaching before doing their practical evaluation.

 *It is the participants' responsibility to locate a certified trainer who will mentor them through this step.*

Step 4 YOGA OR PILATES PRACTICAL EVALUATION

To obtain yoga or pilates certification, successful completion of a practical evaluation is required. The practical evaluation should be completed within 6 months of taking the course and a \$35 evaluator's fee applies. All attempts will be made to schedule an evaluation at a date, time, and location convenient for the candidate.

 *Contact the Education Centre by email to arrange your practical evaluation.*

SPECIALTY COURSES TO CONTINUE PROFESSIONAL DEVELOPMENT

PRE AND POST NATAL CERTIFICATION

Prerequisites: Group Fitness or Personal Fitness Trainer Certification

This course will review the physiological and psychological changes that occur during pregnancy as well as addressing common concerns of pre/postnatal clients while learning about the current research on pregnancy and exercise.

Participants will gain knowledge on contradictions to exercise and recommended exercise precautions. *Course fee includes registration, materials and exam. The required textbook for this course is purchased separately by the participant.*

DOWNTOWN Y

68266 Sa Apr 28 9:00 am – 2:00 pm \$62 M \$75 NM

OLDER ADULT CERTIFICATION

Prerequisites: Group Fitness or Individual Conditioning Certification

This program is designed to build on your knowledge of fitness for the aging population. It includes physiology of the “wise age,” aerobic components, ball stability, strength and conditioning. *Course fee includes registration, materials and exam. The required textbook for this course is purchased separately by the participant.*

DOWNTOWN Y

68261 Sa, Su Mar 10, 11 9:00 am – 6:00 pm \$160 M \$215 NM

SPORTS NUTRITION CERTIFICATION

Prerequisite: Basic Theory

The Y’s Sports Nutrition Certification provides fitness leaders with the expertise to provide more in-depth nutrition counseling to their clients. Basic metabolism of carbohydrate, fat, protein, vitamins, minerals and electrolytes will be covered as well as sports-specific nutritional recommendations. Hot topics such as nutritional supplementation, fad diets, protein-loading and optimal nutrition for performance will also be discussed. *Course fee includes registration, materials and exam. The required textbook for this course is purchased separately by the participant.*

DOWNTOWN Y

68267 Sa, Su May 12, 13 9:00 am – 5:00 pm \$160 M \$215 NM

LIFESAVING SOCIETY FIRST AID, CPR & AED TRAINING



All Lifesaving Society First Aid, CPR & AED training courses are held at the Downtown Y

CPR C & AED

68220	Sa	Jan 7	9:00 am – 3:00 pm	\$59 M	\$80 NM
68221	Su	Feb 12	9:00 am – 3:00 pm	\$59 M	\$80 NM
68222	Sa	Mar 3	9:00 am – 3:00 pm	\$59 M	\$80 NM
68223	Sa	Apr 28	9:00 am – 3:00 pm	\$59 M	\$80 NM
68224	Sa	Jun 16	9:00 am – 3:00 pm	\$59 M	\$80 NM
68225	Su	Jul 28	9:00 am – 3:00 pm	\$59 M	\$80 NM

CPR C RECERTIFICATION



Must have previously taken and hold valid LifeSaving Society CPR Certification to participate in this course.

68227	Sa	Jan 14	9:00 am – 1:00 pm	\$30 M	\$40 NM
68228	Su	Mar 4	9:00 am – 1:00 pm	\$30 M	\$40 NM
68308	Sa	May 5	9:00 am – 1:00 pm	\$30 M	\$40 NM
68309	Su	Jul 8	9:00 am – 1:00 pm	\$30 M	\$40 NM
68310	Su	Aug 19	9:00 am – 1:00 pm	\$30 M	\$40 NM

EMERGENCY FIRST AID & CPR B

68229	Su	Jan 8	9:00 am – 4:00 pm	\$65 M	\$85 NM
68230	Sa	Feb 25	9:00 am – 4:00 pm	\$65 M	\$85 NM
68231	Sa	Apr 14	9:00 am – 4:00 pm	\$65 M	\$85 NM
68232	Su	May 13	9:00 am – 4:00 pm	\$65 M	\$85 NM
68233	Su	Jun 17	9:00 am – 4:00 pm	\$65 M	\$85 NM
68234	Sa	Jul 21	9:00 am – 4:00 pm	\$65 M	\$85 NM
68235	Sa	Aug 18	9:00 am – 4:00 pm	\$65 M	\$85 NM

STANDARD FIRST AID & CPR C & AED

68268	Sa, Su	Jan 21, 22	9:00 am – 5:00 pm	\$135 M	\$145 NM
68269	Sa, Su	Feb 18, 19	9:00 am – 5:00 pm	\$135 M	\$145 NM
68270	Sa, Su	April 21, 22	9:00 am – 5:00 pm	\$135 M	\$145 NM
68311	Sa, Su	June 9, 10	9:00 am – 5:00 pm	\$135 M	\$145 NM
68312	Sa, Su	Aug 11, 12	9:00 am – 5:00 pm	\$135 M	\$145 NM

STANDARD FIRST AID & CPR C RECERTIFICATION



Must have previously taken and hold valid LifeSaving Society Standard First Aid Certification to participate in this course.

68274	Sa	Mar 24	9:00 am – 5:00 pm	\$80 M	\$90 NM
68275	Sa	July 7	9:00 am – 5:00 pm	\$80 M	\$90 NM

FITNESS LEADERSHIP RE-CERTIFICATION

i YMCA-YWCA Fitness Leader Certification is valid for a two-year period from the date of issue.

RE-CERTIFICATION GUIDELINES ARE AS FOLLOWS:

HOURS OF LEADERSHIP

Complete a minimum of 50 hours of instruction in the area of specialty certification during the two-year period. Hours must be documented and signed by a fitness supervisor or facility manager on letterhead.

CONTINUING EDUCATION

Complete 16 credits from workshops, of which a minimum of 10 credits must include Y workshops and courses. First Aid and CPR may be counted as workshops up to two external credits only. External workshops that wish to be credited must be approved by YMCA Canada standards. Please confirm all external credits with the Fitness Education Centre.

FIRST AID & CPR

Group Fitness leaders are required to maintain current annual CPR (A, B or C) certification and are to submit proof for recertification. Personal Fitness Trainers are required to maintain current First Aid (Standard or Emergency & CPR B or C) certification and are to submit proof for recertification.

FEES

There is a \$25 administration fee for recertification which is payable to the YMCA-YWCA Fitness Education Centre.

EVALUATION

All fitness leaders must successfully complete a practical evaluation by a YMCA-YWCA evaluator prior to their certification expiry date. Leaders further than 200 km from Ottawa may be eligible to submit a videotape of a class. Please email the Fitness Education Centre to book your evaluation. A \$35 fee is payable to the evaluator at the time of evaluation.

LATE RE-CERTIFICATION

If you are late, you must contact the Fitness Education Centre to re-apply for certification. There is a late fee penalty of \$10 per month.

i Information that you will need to present to your evaluator at the time of evaluation:

- Proof of 50 hours of instruction hours in the last two years.
- 16 Continuing Education Credits (CECs), 10 of which must be Y credits (Y CECs).
- Copies of current CPR (not older than 1 year) and current First Aid (only applies to Personal Trainers, Standard or Emergency).
- Re-certification fee of \$25 payable to the YMCA-YWCA Fitness Education Centre.
- An evaluation fee of \$35 payable to the evaluator at the time of evaluation.

Failure to meet any of the above criteria will result in a temporary postponement of re-certification.



CONTINUING EDUCATION WORKSHOPS

i The Fitness Education Centre is committed to providing fitness leaders with the most up-to-date training. Please note the key beside each course to determine suitability and continuing education credit (CEC) value. You will be given a certificate upon completion of your workshops.

- GF** Group Fitness Instructors
- S** Specialty (Please note description for suitability)
- GC** Group Cycling
- WF** Water Fitness Instructors
- PFT** Personal Fitness Trainers

A bit of pain for a world of gain

PFT GF

Presenter: Lisa Guadamuz

Many people who have tried to use a foam roller will say “it’s painful, but it’s worth it”. In this workshop you will learn the basic anatomy of the low back, hips and legs. You will study the relationship between boney landmarks, muscles and fascia. You will practice using landmarks to guide yourself on the foam roller in attempt to reduce tension in the muscle and fascia. Workout clothing required. **2 Y CECs**

TAGGART FAMILY Y

68326 Fr Jan 13 5:30 pm – 7:30 pm \$30M \$40NM

Drum and Core Interval

GF

Presenter: Melody Rochon

This workshop will incorporate all the things we love so much – drumming, interval training and core strength. Learn cardio and core choreography you can teach comfortably to all levels. Take away reminders on training principles and core strength exercises using the stability ball and drumsticks. All equipment will be provided for the workshop. Be prepared to sweat. **2 Y CECs**

NEPEAN Y

68313 Su Jan 22 1:00 pm – 3:00 pm \$30 M \$40 NM



Don't keep me weighting: a new approach

PFT

Presenter: Jane Rutherford

Working with clients who are obese requires a new way of approaching your practice. Learn how to understand obesity – how it’s affecting your client’s health, that the solution isn’t “eat less, move more”, that it is a chronic condition, and that body weight stabilization is often the goal. This course will allow you to understand your obese client’s specific needs, challenges/barriers and how to appropriately conduct assessments and create realistic programs for them. Lecture. **2 Y CECs**

DOWNTOWN Y

68314 Sa Feb 18 2:00 – 4:00 pm \$30 M \$40 NM

Yoga for Athletes

S

Presenter: Scott Cooper

This workshop will introduce you to basic yoga for week-end athletes, with an emphasis on using yin-type postures to stretch major connective tissues that tighten from sports and from too much sitting while providing some experience with yogic breathing and simple meditation to improve relaxation and focus. **2 Y CECs**

DOWNTOWN Y

68320 Tu Feb 21 6:30 pm – 8:30 pm \$30 M \$40 NM

Training the Aging Client

PFT GF S

Presenter: Pam Coons

In this session, exercise specialist Pam Coons will discuss the functional changes associated with or resulting from disease or injury commonly seen in the aging client. Latest research as well as exercise strategies and protocols to optimize function in this client population. 25 minute lecture followed by interactive session. **2 Y CECs**

DOWNTOWN Y

68321 Su Feb 26 1:00 pm – 3:00 pm \$30 M \$40 NM

Bosu Trainer

PFT GF

Presenter: Allison Prest

The BOSU trainer can be used for cardio, strength training, flexibility and sports conditioning. This workshop will explore the unique and different ways you can incorporate the BOSU trainer into your participants routine, whether you are a personal trainer or a group fitness leader, the BOSU trainer can be a fun and challenging new way to get your clients fit and fabulous! **2 Y CECs**

NEPEAN Y

68322 Su Mar 4 2:00 pm – 4:00 pm \$30 M \$40 NM

CONTINUING EDUCATION WORKSHOPS

From Dancercise to The Groove Method: How dance fitness is here to stay!

GF

Presenter: Allison Prest

Dance fitness is a growing trend and is not slowing down, in this workshop; learn different styles of dance fitness methods and how you can incorporate them into your everyday aerobic routine. From the simplicity and ease of the Groove Method, to the hot and spicy Latin dance movement, to the hard hitting Hip Hop, let's move our bodies and dance for the health of it! **2 Y CECs**

DOWNTOWN Y

68323 Su Mar 11 2:00 – 4:00 pm \$30 M \$40 NM

Cardio Strength Interval Training

GF

Presenter: Michelle O'Neill

Interval style training, or cardio strength training, consists of intense bouts of cardiovascular exercise followed by strength training drills and short rest periods. This mode of exercise is an incredible body transformation technique that improves cardiovascular and muscular capacity while rapidly burning calories. Participants of this workshop will gain the ability to create athletic interval classes that consist of intense cardio drills and functional strength training exercises that will push your participants to the next level while achieving the results they are striving for. **2 Y CECs**

RUDDY FAMILY Y

68339 Sa Apr 28 1:30 pm – 3:30 pm \$30 M \$40 NM

Introduction to TRX

PFT

Trainer: Dylan Harries

The TRX Suspension training system is a wildly popular portable training tool for all ability levels. People can build power, strength, flexibility and balance by performing exercises using their own body weight. This workshop will introduce you to the equipment, set-up and most common exercises. Registration is limited. **2 Y CECs**

NEPEAN Y

68315 Su Apr 29 2:00 – 4:00 pm \$30 M \$40 NM

Sole Food

S

Presenter: Jill Pomeroy

An in depth look at your base of support – your feet! With the rise in popularity of barefoot training, this is an opportunity to dig a little deeper into the anatomy and biomechanics of your feet. Learn why problems occur and the things you can do to avoid them. Take away strength and flexibility exercises you can use for yourself, your classes and clients. Also, explore balance and gait – two major activities that initiate from your base of support. Learn massage techniques that give back to those abused and misused piggies! **2 Y CECs**

DOWNTOWN Y

68324 Sa May 5 2:00 – 4:00 pm \$30 M \$40 NM

Cycling: Ride design and music selection

GC

Presenter: Bev Kerr

What brings people back to an indoor cycling class? Is it that cycling is a great workout? Is it the instructor? Is it that the classes are fun? Is it the music? This workshop will add some tools to your toolbox. Bring your cycling gear, towel and water bottle and renew your love for indoor cycling. **2 Y CECs**

DOWNTOWN Y

68325 Sa May 12 2:00 – 4:00 pm \$30 M \$40 NM

Muscle It Up! (Teen Strength Training 101)

PFT

Presenter: Dylan Harries

Not sure what approach you should be using with your teenager clients? What age should we start strength training? What is safe? This workshop will review updated research on the topic, outline a screening process for this age group (12-16) to find body imbalances and prevent injuries, examine biomechanics and muscular symmetry. You will walk away with a safe and appropriate exercise program (circuit format with cardio games, free weights and machine options) that teens everywhere have been looking for. **2 Y CECs**

DOWNTOWN Y

68316 Su May 13 2:00 pm – 4:00 pm \$30 M \$40 NM

Crunch! H2O Muscle Max

WF

Presenter: Jennie Queen

Are you ready to get pumped on water? Come and experience the water equals weight principle. Learn how to focus on movements that matter. This workshop will guide participants through a total body muscle focused class. From the lesson planning to the implementation stage, learn how to get your participants aqua-pumped! From shallow to deep, and head to toe; this class will keep you on the go. **2 Y CECs**

TAGGART FAMILY Y

68340 Su May 27 2:00 pm – 4:00 pm \$30 M \$40 NM

Y FITNESS TRAINERS



Pam Coons

B.Sc. CDE, ACSM, ACE, Can-Fit-Pro

Pam is an Exercise Specialist with 21 years of experience in her field. She works with a diverse clientele, from the injured elite athlete to the senior cardiac rehab patient who has never exercised. She currently works with the team at Family Physio Sports Conditioning and Wellness Centre in Ottawa. She also specializes in Diabetes management and has developed training and materials that are currently being used by diabetes educators in Canada.



Scott Cooper

Scott Cooper graduated from the Hatha Yoga Teacher Training Program at Rama Lotus in Ottawa last spring, after spending many years as a lunchtime yoga student at the Downtown Y as he approached retirement from the federal government. Scott maintains a strong daily hatha yoga practice in order to support his health and fun activities like downhill skiing, cycling, sailing and social dance.



Diane Eisnor

YMCA Water Fitness, PT, Yoga, Zumba

For the last 10 years, Diane has taught a diverse range of fitness classes for the City of Ottawa and has developed a reputation for enjoyable and challenging workouts. She will be teaching the waterfitness certification course. Diane's creativity and energy helps her clients continue to come to classes and live better and happier lives.



Lacey Green

B.Ed.

Lacey took up spinning 12 years ago as cross-training for running and embraced it with a passion. She began teaching spinning in 2004 and holds YMCA Indoor Group Cycling Certification and Mad Dogg Spinning Instructor Level 2 Certification. Lacey is recognized as a knowledgeable and thorough cycling instructor with the Y Education Centre.



Lisa Guadamuz

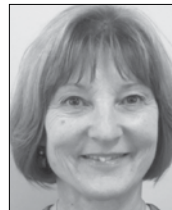
YMCA Canada Trainer, PFT, Stability Ball, GC

Lisa has been actively involved in sports and fitness since a young age. Currently she coaches, trains, and educates others to reach their full potential in a fun and supportive manner. Lisa is an energetic YMCA Canada Trainer who brings a wealth of knowledge to her classes and clients.

Dylan Harries

B. Rec, B.Sc HK, CAT

Dylan is an international presenter known for inspiring fitness leaders with passion, high energy, technique and creativity. With 18 years of fitness experience, Dylan is the Executive Director of Body Rock Fitness and the HFR Coordinator for the Nepean Sportsplex in Ottawa.



Glynis Harrison

YMCA Group Fitness and PFT

Glynis is the Group Fitness and Individual Conditioning Coordinator of the Carlingwood Y. She also is GF Coordinator at the Kanata Y. As a YMCA Canada Trainer, she helps new fitness leaders start in the field by teaching certification courses and doing practical evaluations.



Bev Kerr

Bev Kerr is a personal trainer and Star 3 Mad Dogg spin instructor. After leaving a career as a manager in the federal government, Bev found her bliss in teaching indoor cycling at several Ottawa fitness clubs. She enjoys the planning and music selection almost as much as the teaching.



Louise McGoey

B.P.H.E, B.Ed.

Louise has been teaching fitness for 17 years in the Ottawa area as a Y volunteer, as well as at several community centres in the city. She has been a trainer with the Fitness Education Centre for over 10 years and greatly enjoys sharing her knowledge and love of fitness with other leaders.

Y FITNESS TRAINERS



Michelle O'Neill

AAS, FIS

Michelle is the Strength and Conditioning Coordinator at the Ruddy Family Y in Orleans. She is a dynamic group fitness instructor, trainer and coach with experience teaching a variety of programs in both Canada and the United States. Michelle is a versatile trainer who specializes in coaching small groups and has the ability to deliver fresh, fun and challenging classes to all fitness levels through her passion for health and wellness.



Melody Rochon

YMCA certified in Group Fitness, Aquafitness, Pre/Post Natal, ICC.

Melody has been active in just about every stream of fitness. She is the Group Fitness Program Coordinator at the Nepean Y and is a YMCA Canada Trainer for Group Fitness courses. She has also obtained pilates and Drums Alive certifications. She is a mother of two and enjoys attending workshops and conferences to stay current on the latest fitness trends.



Jill Pomeroy

B.A. Phys. Ed., YMCA GF, OA

Jill is the Regional Director of the Carlingwood and Nepean Ys and a YMCA Canada Trainer. As an instructor with over 15 years experience, she has presented continuing education workshops and certification courses on a variety of topics. She also teaches cross country skiing, bicycle skills and running clinics throughout the city.



Kenny Rolland

YMCA PFT, S.N. CrossFit Level 1, Kettlebell Level 1

Kenny has been with the National Capital Region YMCA-YWCA for over ten years. He is a sought after trainer and is infamous for his bootcamp classes and teaches the Individual Conditioning and Personal Trainer Apprenticeship Programs with the Y Fitness Education Centre.

Allison Prest

YMCA Group Fitness and PT

Allison is an energetic and experienced fitness instructor and trainer based in west Ottawa. She works with the Y Education Centre by instructing certification courses and completing practical evaluations for a variety of fitness streams. Vivacious and passionate about fitness and dance, Allison brings a joy for teaching to her classes.



Jane Rutherford

MSc., YMCA Group Fitness and PFT

Jane is the Exercise Specialist for CHEO's Obesity and Type 2 Diabetes management teams and prior to that worked in cardiac and musculoskeletal rehab. Jane has been teaching group fitness for the last 12 years and is an avid marathon runner.



Jennie Queen

CPFLA, CFC, Can-Fit, CALA

Jennie Queen is a fitness and lifestyle consultant and programming specialist. She is a 13 year veteran in the fitness industry. She currently holds numerous aquatic qualifications, a diploma in Fitness and Lifestyle Management and in Early Childhood Education. She is an aquatics program coordinator for the City of Ottawa.



Jamie Steeves

YMCA Group Fitness and PT

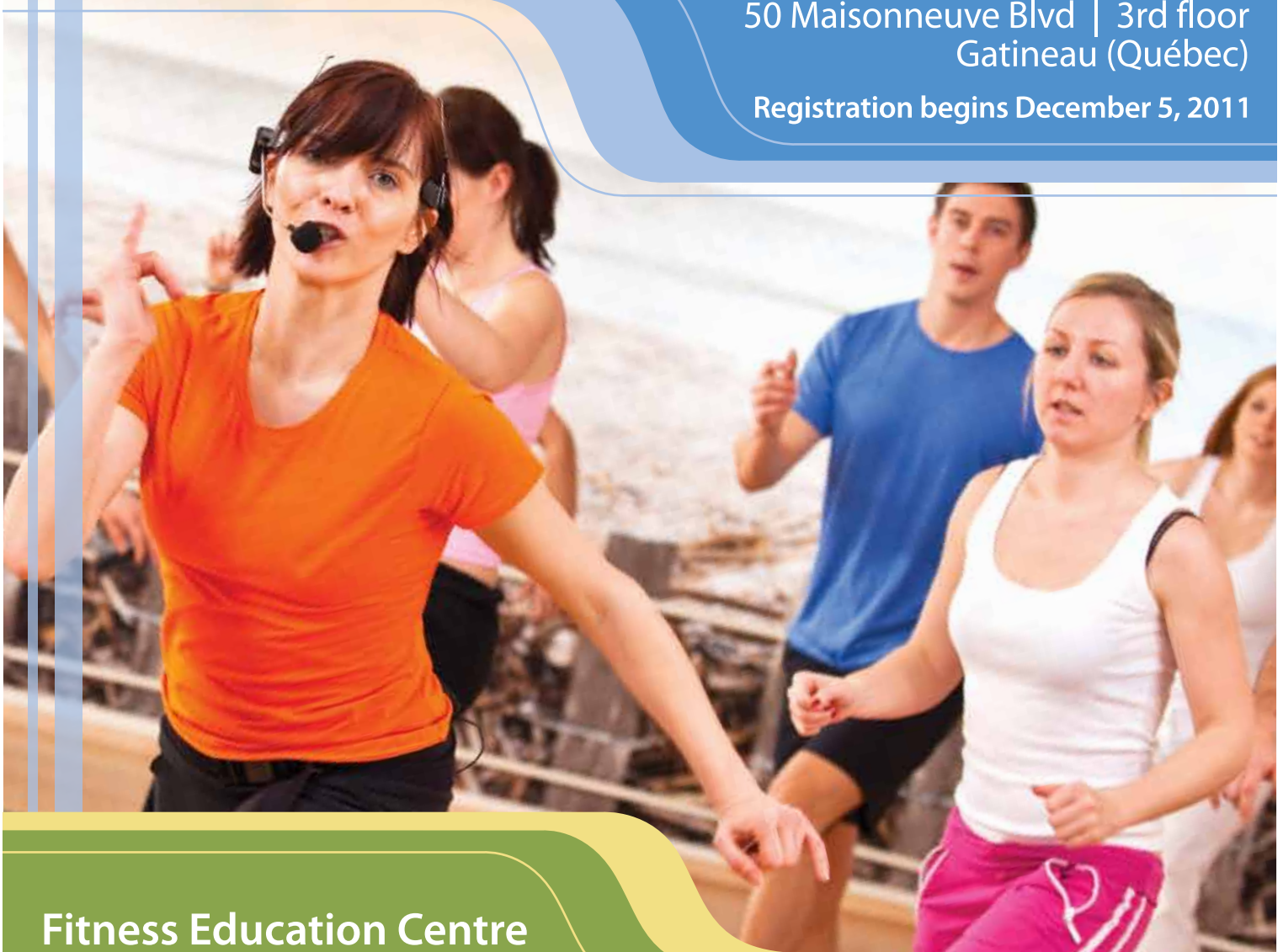
Jamie is the Group Fitness and Individual Strength & Conditioning Coordinator at the Downtown Y. With a strong teaching background, she enjoys working with new instructors and helping them develop their skills. She is a mother of two and is active in almost every type of fitness class including cycling and yoga.

11TH ANNUAL *Connexion*

FITNESS CONFERENCE | March 31, 2012

Palais des Congrès de Gatineau
50 Maisonneuve Blvd | 3rd floor
Gatineau (Québec)

Registration begins December 5, 2011



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